



## Fresh Corn Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



720 kcal

SAUCE

### Ingredients

- 7 to 8 ears corn fresh
- 0.5 teaspoon salt
- 2 cups whipping cream

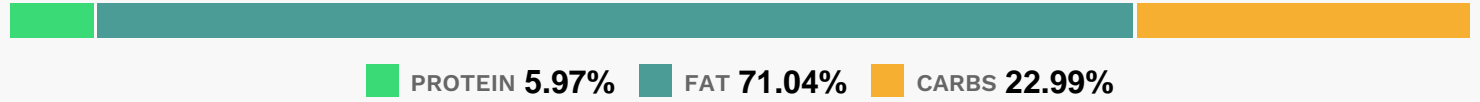
### Equipment

- sauce pan

### Directions

- Grate enough corn to measure 2 cups kernels.
- Stir together grated corn, whipping cream, and salt in a small saucepan; cook over low heat, stirring often, 20 to 25 minutes or until thickened.
- \*2 cups coarsely chopped frozen whole kernel corn may be substituted for fresh corn.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:16.498695580856%

### Nutrients (% of daily need)

Calories: 720.07kcal (36%), Fat: 60.11g (92.48%), Saturated Fat: 37.18g (232.35%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 39.58g (14.39%), Sugar: 17.78g (19.75%), Cholesterol: 179.29mg (59.76%), Sodium: 461.92mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.75%), Vitamin A: 2725.1IU (54.5%), Phosphorus: 278.93mg (27.89%), Vitamin B2: 0.41mg (24.34%), Vitamin B1: 0.36mg (23.82%), Folate: 94.55µg (23.64%), Magnesium: 88.82mg (22.2%), Potassium: 717.81mg (20.51%), Vitamin B5: 1.91mg (19.1%), Vitamin B3: 3.82mg (19.09%), Vitamin C: 15.23mg (18.46%), Manganese: 0.34mg (17.24%), Vitamin D: 2.54µg (16.92%), Fiber: 4.2g (16.8%), Vitamin B6: 0.25mg (12.54%), Calcium: 109.16mg (10.92%), Vitamin E: 1.61mg (10.71%), Zinc: 1.35mg (8.99%), Selenium: 6.02µg (8.6%), Iron: 1.25mg (6.97%), Copper: 0.13mg (6.56%), Vitamin K: 5.71µg (5.44%), Vitamin B12: 0.25µg (4.23%)