



Fried Confetti Corn

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 6 cups corn kernels fresh sweet (8 ears)
- ☐ 8 oz cream cheese cubed
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup half-and-half
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 cup onion diced sweet

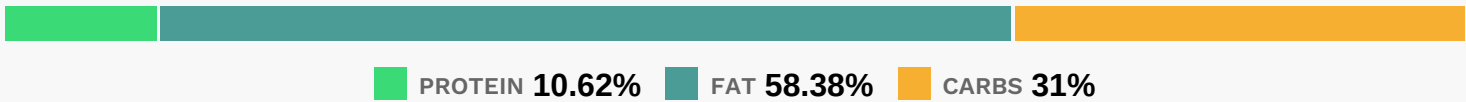
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over medium-high heat 6 to 8 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Coarsely crumble bacon.
- ☐ Saute corn and next 3 ingredients in hot drippings in skillet over medium-high heat 6 minutes or until tender.
- ☐ Add cream cheese and half-and-half, stirring until cream cheese melts. Stir in sugar and next 2 ingredients.
- ☐ Transfer to a serving dish, and top with bacon.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:10.782173936782%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 317.54kcal (15.88%), Fat: 21.76g (33.48%), Saturated Fat: 10.08g (63.02%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 23.22g (8.44%), Sugar: 10.62g (11.8%), Cholesterol: 48.45mg (16.15%), Sodium: 553.19mg (24.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin C: 27.9mg (33.82%), Vitamin A: 973.38IU (19.47%), Phosphorus: 183.25mg (18.32%), Vitamin B1: 0.26mg (17.28%), Vitamin B3: 3.02mg

(15.09%), Folate: 58.54µg (14.63%), Potassium: 457.71mg (13.08%), Vitamin B6: 0.26mg (12.89%), Magnesium: 51.23mg (12.81%), Manganese: 0.25mg (12.63%), Vitamin B5: 1.17mg (11.69%), Selenium: 8.12µg (11.6%), Fiber: 2.77g (11.09%), Vitamin B2: 0.19mg (11.01%), Zinc: 1.03mg (6.84%), Calcium: 53.83mg (5.38%), Copper: 0.1mg (4.85%), Iron: 0.85mg (4.7%), Vitamin E: 0.64mg (4.27%), Vitamin B12: 0.2µg (3.35%), Vitamin K: 2.73µg (2.6%)