

SIDE DISH

Grilled Cream Corn with Parmesan

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
33 min	8 min	25 min	4	\$1.82	388 kcal



The recipe Grilled Cream Corn with Parmesan can be made in around 33 minutes. For \$1.82 per serving, you get a side dish that serves 4. One serving contains 388 calories, 9g of protein, and 29g of fat. Not a lot of people made this recipe, and 2 would say it hit the spot.

Ingredients

- ☐ 6 ears corn, husks and silks removed
- ☐ 2 tablespoons chopped fresh flat-leaf parsley
- ☐ 4 servings Kosher salt and freshly ground black pepper
- ☐ 3 tablespoons unsalted butter, at room temperature
- ☐ 1 tablespoon flour
- ☐ ¾ cup heavy cream
- ☐ ¼ cup grated Parmesan
- ☐ 1/3 cup whole milk

EQUIPMENT Food processor, Frying pan, Grill, Grill pan

Method

- 1

Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- 2

Grill the corn until tender, turning every 5 to 6 minutes, about 15 minutes. When cool enough to handle, remove the kernels.
- 3

In a medium skillet, heat the butter over medium-high heat.
- 4

Add the corn and season with salt and pepper. Cook until softened, about 3 minutes. Stir in the flour and cook for 1 minute. Reduce the heat to medium and add the cream. Simmer until the mixture thickens, 2 to 3 minutes.
- 5

Place half of the mixture in a food processor. Blend until smooth.
- 6

Pour the pureed mixture back into the skillet and add the milk, cheese, and parsley. Cook over low heat until warmed through. Season with salt and pepper, to taste, and serve.

Nutrition per serving			
	388	9 g	29 g
	KCAL	PROTEIN	FAT
			CARBS
Saturated Fat			17.5 g · 109% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			10.8 g · 12% of daily needs
Sodium			142 mg · 6% of daily needs
Cholesterol			79.7 mg · 27% of daily needs
Vitamin C			12.1 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-cream-corn-with-parmesan-148215