



## Gulliver's Cream Corn

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter melted
- 8 servings ground pepper white
- 40 ounce corn kernels frozen thawed
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 cup whipping cream

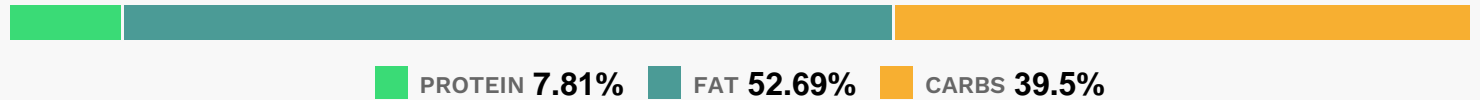
## Equipment

- sauce pan
- whisk
- pot
- microwave

## Directions

- Place corn kernels, whipping cream, milk, salt, flavor enhancer, sugar, and white or cayenne pepper in a large stockpot. Bring to a slow, low boil beginning on medium heat, stirring frequently. Simmer for 5 minutes on low heat.
- Melt butter in the microwave, or in a small saucepan on low heat.
- Whisk in flour until smooth. Stir into the corn until well blended. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:33.14, Glycemic Load:3.86, Inflammation Score:-7, Nutrition Score:8.1269565768864%

## Nutrients (% of daily need)

Calories: 264.25kcal (13.21%), Fat: 16.66g (25.63%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 24.66g (8.97%), Sugar: 11.84g (13.15%), Cholesterol: 44.8mg (14.93%), Sodium: 624.06mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Vitamin A: 1470.19IU (29.4%), Vitamin B2: 0.25mg (14.92%), Folate: 59.29µg (14.82%), Fiber: 3.43g (13.72%), Phosphorus: 121.99mg (12.2%), Manganese: 0.22mg (10.84%), Vitamin B3: 1.75mg (8.77%), Potassium: 304.37mg (8.7%), Vitamin E: 1.1mg (7.3%), Vitamin B5: 0.7mg (7.05%), Magnesium: 27.7mg (6.92%), Vitamin B6: 0.13mg (6.57%), Calcium: 65.69mg (6.57%), Vitamin B1: 0.1mg (6.46%), Vitamin D: 0.81µg (5.41%), Vitamin C: 3.97mg (4.82%), Zinc: 0.72mg (4.78%), Selenium: 3.19µg (4.55%), Iron: 0.66mg (3.67%), Vitamin B12: 0.22µg (3.64%), Copper: 0.06mg (3.05%), Vitamin K: 2.9µg (2.76%)