



 1%
HEALTH SCORE

Homemade Cream-Style Corn

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- 4 medium ears corn sweet
- 0.8 cup cup heavy whipping cream
- 1 tablespoon butter
- 1 tablespoon cilantro leaves fresh minced
- 1 teaspoon seasoning italian

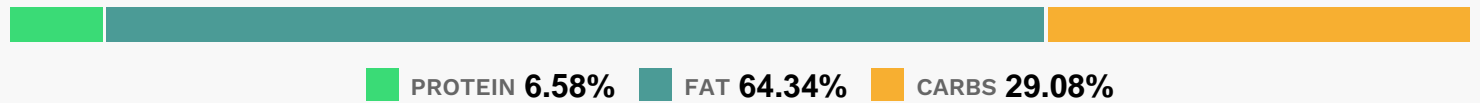
Equipment

- sauce pan
- dutch oven

Directions

- Place corn in a Dutch oven; cover with water. Bring to a boil; cover and cook for 5–10 minutes or until tender.
- Drain.
- Cut corn from cobs.
- In a large saucepan, bring the corn, cream and butter to a boil. Reduce heat; stir in cilantro and Italian seasoning. Simmer, uncovered, for 3–5 minutes to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:7.2500000414641%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 265.89kcal (13.29%), Fat: 20.35g (31.3%), Saturated Fat: 12.4g (77.51%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 18.44g (6.7%), Sugar: 7.71g (8.57%), Cholesterol: 57.95mg (19.32%), Sodium: 50.02mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin A: 949.45IU (18.99%), Phosphorus: 118.29mg (11.83%), Folate: 45.98µg (11.49%), Vitamin B1: 0.17mg (11.21%), Magnesium: 42.31mg (10.58%), Manganese: 0.19mg (9.6%), Vitamin B3: 1.86mg (9.3%), Potassium: 325.45mg (9.3%), Fiber: 2.26g (9.02%), Vitamin C: 7.24mg (8.78%), Vitamin B5: 0.85mg (8.54%), Vitamin B2: 0.14mg (8.47%), Vitamin B6: 0.12mg (5.8%), Vitamin K: 5.4µg (5.14%), Vitamin D: 0.71µg (4.76%), Vitamin E: 0.66mg (4.38%), Iron: 0.76mg (4.23%), Calcium: 40.38mg (4.04%), Zinc: 0.59mg (3.96%), Copper: 0.06mg (3.17%), Selenium: 2.01µg (2.87%), Vitamin B12: 0.08µg (1.29%)