



Mexican Lime-Cream Corn



Vegetarian



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 cups corn fresh whole (cut from cob)
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup milk 2% 1% low-fat (or)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup queso fresco crumbled

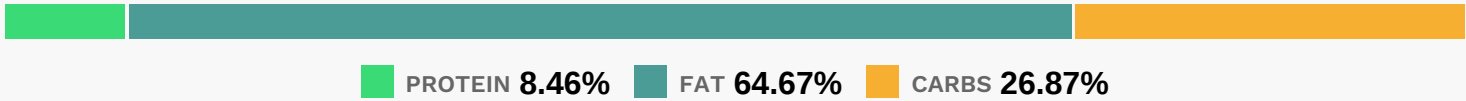
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In small bowl, stir together butter and flour until paste forms.
- ☐ In 2-quart saucepan, place corn, cumin, cream, milk, lime juice and peel.
- ☐ Heat to boiling.
- ☐ Add flour-butter paste; cook and stir until mixture thickens.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:3.6643478494623%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 185.08kcal (9.25%), Fat: 13.5g (20.77%), Saturated Fat: 7.9g (49.37%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 12.53g (4.56%), Sugar: 1.77g (1.97%), Cholesterol: 36.94mg (12.31%), Sodium: 397.93mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin A: 494.59IU (9.89%), Phosphorus: 86.34mg (8.63%), Calcium: 73.39mg (7.34%), Folate: 25.21µg (6.3%), Vitamin B2: 0.09mg (5.39%), Potassium: 157.69mg (4.51%), Vitamin D: 0.67µg (4.47%), Vitamin B12: 0.25µg (4.08%), Magnesium: 15.1mg (3.78%), Vitamin C: 3.02mg (3.66%), Vitamin B3: 0.69mg (3.43%), Zinc: 0.5mg (3.35%), Selenium: 2.29µg (3.27%), Manganese: 0.06mg (3.03%), Iron: 0.46mg (2.53%), Vitamin B1: 0.04mg (2.5%), Vitamin E: 0.34mg (2.24%), Copper: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.33%), Vitamin K: 1.08µg (1.03%)