



## Quick Creamy Corn

 Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

## Ingredients

- 2 tsp butter
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 16 oz regular corn frozen thawed
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup pasilla peppers green red finely chopped

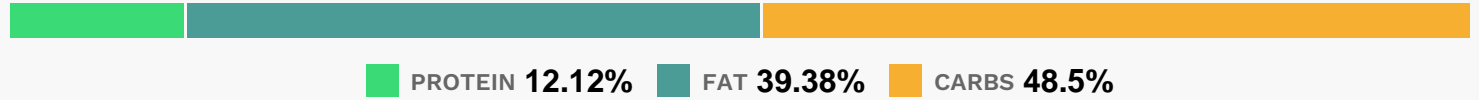
## Equipment

- bowl
- microwave

## Directions

- Microwave butter in medium microwaveable bowl on HIGH 30 sec. or until melted. Stir in peppers. Microwave 1 to 2 min. or until heated through.
- Stir in corn. Microwave 3 to 4 min. or until heated through, stirring after 2 min.
- Add cream cheese spread; stir until melted. Stir in Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:5.3656522119823%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 152.98kcal (7.65%), Fat: 7.23g (11.12%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 17.7g (6.44%), Sugar: 0.89g (0.99%), Cholesterol: 18.94mg (6.31%), Sodium: 175.56mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin C: 15.43mg (18.7%), Phosphorus: 95.07mg (9.51%), Fiber: 2.33g (9.31%), Vitamin B6: 0.17mg (8.33%), Folate: 31.78µg (7.95%), Potassium: 252.06mg (7.2%), Manganese: 0.14mg (6.91%), Magnesium: 26.92mg (6.73%), Vitamin B3: 1.33mg (6.67%), Calcium: 64.2mg (6.42%), Vitamin A: 306.37IU (6.13%), Vitamin B1: 0.09mg (5.74%), Vitamin B2: 0.08mg (5%), Zinc: 0.73mg (4.85%), Iron: 0.58mg (3.2%), Selenium: 2.08µg (2.97%), Vitamin B5: 0.25mg (2.49%), Copper: 0.05mg (2.42%), Vitamin K: 1.11µg (1.05%)