



## Savory Creamed Corn

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 tsp butter
- 0.5 cup knudsen cream sour
- 1 Tbsp basil fresh chopped
- 4 cups corn kernels fresh (from 8 ears)
- 2 Tbsp parmesan cheese grated kraft

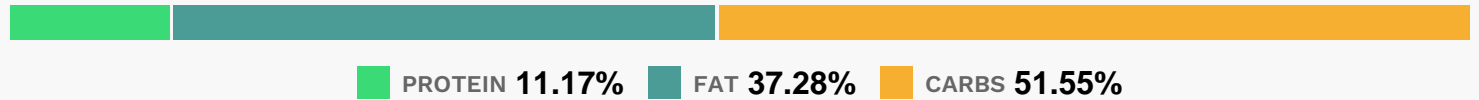
### Equipment

- frying pan

## Directions

- Melt butter in large nonstick skillet on medium heat.
- Add corn; cook 6 min., stirring frequently.
- Stir in sour cream; cook and stir 3 min. or until heated through.
- Remove from heat; stir in cheese and basil.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:4.3478260548866%

## Nutrients (% of daily need)

Calories: 100.74kcal (5.04%), Fat: 4.63g (7.12%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.94g (4.7%), Sugar: 5.03g (5.59%), Cholesterol: 10.91mg (3.64%), Sodium: 41.26mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Phosphorus: 83.97mg (8.4%), Folate: 31.94µg (7.99%), Vitamin B1: 0.12mg (7.73%), Magnesium: 29.22mg (7.3%), Vitamin B3: 1.3mg (6.52%), Manganese: 0.13mg (6.49%), Vitamin C: 5.2mg (6.3%), Potassium: 218.49mg (6.24%), Vitamin A: 293.1IU (5.86%), Fiber: 1.46g (5.85%), Vitamin B5: 0.57mg (5.75%), Vitamin B2: 0.07mg (4.07%), Vitamin B6: 0.08mg (3.78%), Vitamin K: 3.77µg (3.59%), Zinc: 0.44mg (2.95%), Calcium: 28.56mg (2.86%), Iron: 0.42mg (2.32%), Copper: 0.05mg (2.26%), Selenium: 1.41µg (2.02%)