



Skillet Creamed Corn

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 6 servings garnish: basil sprigs fresh
- ☐ 1 tablespoon butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 1 garlic clove finely chopped
- ☐ 1.5 cups half-and-half
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 0.5 vidalia onion finely chopped

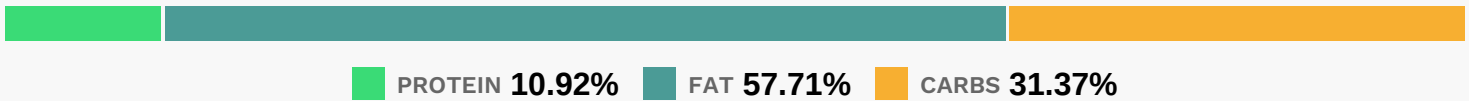
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut onion and garlic in hot drippings 5 minutes or until tender. Stir in corn; cook 5 to 7 minutes or until golden.
- ☐ Remove from heat.
- ☐ Cook flour in a large clean skillet over medium heat, stirring occasionally, about 5 minutes or until golden. Gradually whisk in half-and-half until smooth.
- ☐ Add corn mixture, salt, and pepper; cook 5 minutes or until thickened.
- ☐ Remove from heat; stir in butter and basil.
- ☐ Sprinkle each serving with bacon, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:2.95, Inflammation Score:-6, Nutrition Score:8.8499999797863%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 279.4kcal (13.97%), Fat: 18.64g (28.68%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.89g (7.6%), Sugar: 8.45g (9.39%), Cholesterol: 35.69mg (11.9%), Sodium: 411.72mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Phosphorus: 169.49mg (16.95%), Vitamin B1: 0.25mg (16.37%), Vitamin B3: 2.6mg (13.02%), Selenium: 8.78µg (12.54%), Folate: 49.78µg (12.44%), Vitamin B2: 0.21mg (12.33%), Vitamin A: 565.21IU (11.3%), Manganese: 0.22mg (11.2%), Potassium: 368.58mg (10.53%), Vitamin K: 10.93µg (10.41%), Magnesium: 40.98mg (10.24%), Vitamin B6: 0.2mg (10.23%), Vitamin C: 7.38mg (8.94%), Vitamin B5: 0.88mg (8.78%), Calcium: 79.81mg (7.98%), Fiber: 1.91g (7.63%), Zinc: 0.93mg (6.18%), Iron: 0.9mg (5.02%), Copper: 0.09mg (4.43%), Vitamin B12: 0.23µg (3.79%), Vitamin E: 0.4mg (2.65%)