



Slow-Cooker Chive-and-Onion Creamed Corn

 Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 36 oz corn whole frozen thawed (6 cups)
- ☐ 0.8 cup bell pepper red chopped
- ☐ 0.5 cup milk
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 6 slices bacon crumbled cooked
- ☐ 8 oz chives

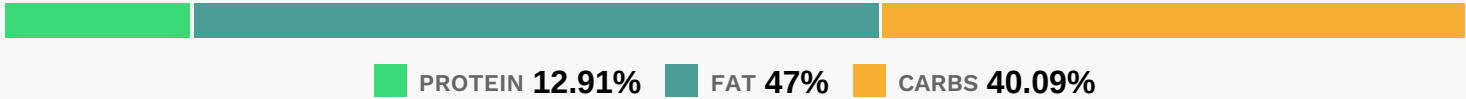
Equipment

☐ slow cooker

Directions

- ☐ Spray 4 1/2- to 5-quart slow cooker with cooking spray.
- ☐ Mix corn, bell pepper, milk, melted butter, sugar and salt in slow cooker. Stir in half of the bacon. Refrigerate remaining bacon.
- ☐ Cover; cook on High heat setting 1 1/2 to 2 hours.
- ☐ Stir in cream cheese. Cook on High heat setting 10 minutes longer. Stir well; sprinkle with remaining bacon. Corn can be kept warm on Low heat setting up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:7.6395651827688%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 6.95g (10.69%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.67g (4.61%), Sugar: 1.57g (1.74%), Cholesterol: 15.35mg (5.12%), Sodium: 337.94mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 41.07µg (39.12%), Vitamin C: 24.35mg (29.51%), Vitamin A: 1250.41IU (25.01%), Folate: 48.93µg (12.23%), Phosphorus: 75.18mg (7.52%), Vitamin B3: 1.31mg (6.55%), Manganese: 0.13mg (6.51%), Potassium: 210.62mg (6.02%), Magnesium: 20.97mg (5.24%), Vitamin B1: 0.06mg (4.06%), Vitamin B6: 0.08mg (4.05%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.54mg (3.57%), Selenium: 2.45µg (3.5%), Calcium: 33.88mg (3.39%), Iron: 0.57mg (3.16%), Copper: 0.06mg (3.1%), Fiber: 0.67g (2.67%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.11µg (1.78%)