



WHATSheATE



Slow-Cooker Chive-and-Onion Creamed Corn



Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 cup butter melted
- ☐ 8 oz approx cream cheese spread reduced-fat
- ☐ 4.5 cups corn whole frozen thawed (from two 1-lb bags)
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 8 servings frangelico
- ☐ 8 servings frangelico

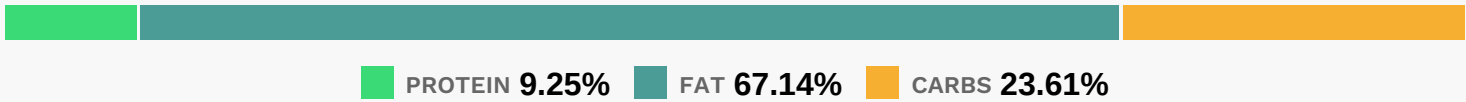
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Place Reynolds Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- ☐ In 12-inch nonstick skillet, cook bacon over medium-high heat, turning occasionally, until crisp.
- ☐ Drain on paper towels. Crumble bacon.
- ☐ Mix corn, bell pepper, milk, butter, sugar, salt, pepper and half of the bacon in cooker. Refrigerate remaining bacon.
- ☐ Cover; cook on High heat setting 2 hours to 2 hours 30 minutes.
- ☐ 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:17.51, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:3.1082608698989%

Nutrients (% of daily need)

Calories: 240.77kcal (12.04%), Fat: 17.92g (27.56%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 14.17g (5.15%), Sugar: 2.11g (2.35%), Cholesterol: 26.67mg (8.89%), Sodium: 559.94mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Vitamin A: 552.01IU (11.04%),

Phosphorus: 67.52mg (6.75%), Folate: 24.55µg (6.14%), Calcium: 57.38mg (5.74%), Vitamin B3: 1.12mg (5.59%), Potassium: 145.96mg (4.17%), Selenium: 2.51µg (3.58%), Vitamin B1: 0.05mg (3.49%), Magnesium: 12.7mg (3.18%), Zinc: 0.43mg (2.86%), Vitamin B2: 0.05mg (2.67%), Manganese: 0.05mg (2.67%), Vitamin B12: 0.14µg (2.41%), Vitamin B6: 0.04mg (1.96%), Vitamin E: 0.28mg (1.83%), Vitamin C: 1.45mg (1.76%), Copper: 0.03mg (1.57%), Vitamin D: 0.21µg (1.41%), Iron: 0.24mg (1.31%), Vitamin B5: 0.12mg (1.24%)