



Southern-Style Creamed Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 6 ears corn fresh
- ☐ 1 cup milk 1% low-fat divided
- ☐ 2 slices onion (1/2-inch-thick)
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

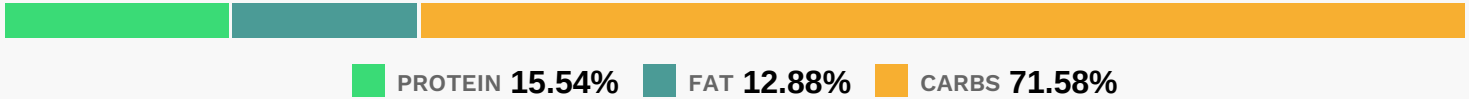
Equipment

- ☐ sauce pan

Directions

- ☐ Remove and discard husks and silks from corn.
- ☐ Cut corn from cobs, scraping cobs well to remove all milk. Set corn aside.
- ☐ Combine 1/4 cup milk and cornstarch; set aside.
- ☐ Combine remaining 3/4 cup milk and onion in a large saucepan; bring to a boil over medium heat. Cover, reduce heat, and simmer 5 minutes; remove and discard onion.
- ☐ Add corn to hot milk, and bring to a boil. Reduce heat, and cook 5 minutes, stirring often.
- ☐ Add cornstarch mixture, salt, and pepper; cook, stirring constantly, 3 minutes or until thickened and bubbly.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:8.6582608404367%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 148.39kcal (7.42%), Fat: 2.39g (3.68%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.09g (9.85%), Sugar: 11.68g (12.97%), Cholesterol: 2.95mg (0.98%), Sodium: 189mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Phosphorus: 183.28mg (18.33%), Vitamin B1: 0.25mg (16.42%), Folate: 59.23µg (14.81%), Magnesium: 57.98mg (14.49%), Potassium: 470.25mg (13.44%), Manganese: 0.25mg (12.38%), Vitamin B3: 2.47mg (12.33%), Vitamin B5: 1.19mg (11.91%), Vitamin C: 9.7mg (11.76%), Fiber: 2.86g (11.44%), Vitamin B2: 0.16mg (9.35%), Vitamin B6: 0.17mg (8.49%), Calcium: 79.31mg (7.93%), Vitamin A: 368.91IU (7.38%), Vitamin B12: 0.36µg (6%), Zinc: 0.89mg (5.93%), Vitamin D: 0.65µg (4.33%), Iron: 0.73mg (4.08%), Copper: 0.08mg (3.92%), Selenium: 2.12µg (3.03%)