



## Spaghetti with Creamy Corn and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter cut into pieces
- 4 large ears corn
- 3 tablespoons flat-leaf parsley chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.8 cup heavy cream
- 0.5 teaspoon salt
- 0.3 pound ham smoked sliced cut into thin strips
- 0.8 pound pasta like spaghetti

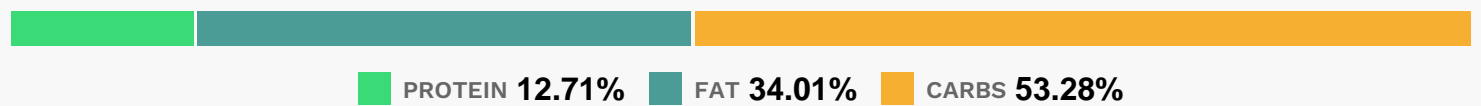
## Equipment

- food processor
- knife
- pot
- cutting board

## Directions

- In a large pot of boiling, salted water, cook the ears of corn until just done, about 3 minutes.
- Remove the corn from the pot and save the hot water to cook the spaghetti. When the ears of corn are cool enough to handle, cut the kernels off the cob. You should have about 3 cups of kernels.
- Put the corn in a food processor with the cream, parsley, salt, and pepper. Pulse three or four times to chop the corn to a coarse puree.
- Return the water to a boil.
- Add the spaghetti and cook until just done, about 12 minutes. Reserve about 3/4 cup of the pasta water.
- Drain the spaghetti and toss with 1/3 cup of the reserved pasta water, the corn mixture, the ham, and the butter. If the sauce seems too thick, add more of the reserved pasta water.
- Test-Kitchen Tip: To cut the kernels from an ear of corn, break the ear in half with your hands, or cut it with a knife. Stand each half on end on a cutting board and, using a large knife, cut straight down the sides to remove the kernels. It's easier to cut the kernels off cooked corn than raw because the juice splatters less.
- Wine Recommendation: For this all-American dish, you might want to try an American white wine from a lesser known, East Coast region. Look for a fairly acidic chardonnay or sauvignon blanc from Virginia, the Finger Lakes region of New York, or even Rhode Island.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:25.58, Inflammation Score:-8, Nutrition Score:21.994782826175%

## Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 669.89kcal (33.49%), Fat: 26.05g (40.08%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 91.82g (30.61%), Net Carbohydrates: 86.1g (31.31%), Sugar: 12.58g (13.98%), Cholesterol: 79.08mg (26.36%), Sodium: 720.16mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Selenium: 56.03µg (80.04%), Manganese: 1.03mg (51.75%), Vitamin K: 51.84µg (49.37%), Phosphorus: 383.57mg (38.36%), Magnesium: 111.76mg (27.94%), Vitamin A: 1351.73IU (27.03%), Fiber: 5.71g (22.85%), Vitamin B1: 0.31mg (20.68%), Folate: 81.94µg (20.49%), Potassium: 714.15mg (20.4%), Vitamin B3: 4.05mg (20.25%), Copper: 0.4mg (20.12%), Vitamin C: 13.98mg (16.95%), Zinc: 2.52mg (16.79%), Vitamin B5: 1.53mg (15.27%), Iron: 2.46mg (13.69%), Vitamin B6: 0.27mg (13.63%), Vitamin B2: 0.22mg (12.89%), Calcium: 59.56mg (5.96%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.71µg (4.76%), Vitamin B12: 0.08µg (1.39%)