



The Ultimate Slow-Cooker Creamed Corn

 Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 36 oz corn whole frozen
- ☐ 12 oz cream cheese cut into cubes
- ☐ 1 cup milk
- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper

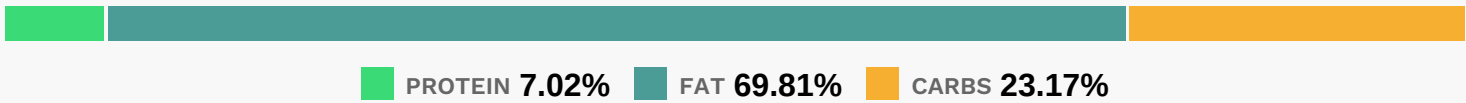
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spread corn over bottom of 3- to 4-quart slow cooker. Top with cream cheese cubes. In small bowl, stir together remaining ingredients; pour over corn and cream cheese.
- ☐ Cover; cook on High heat setting 2 to 3 hours.
- ☐ Stir well before serving. Corn will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:4.4130434725919%

Nutrients (% of daily need)

Calories: 294.04kcal (14.7%), Fat: 23.08g (35.51%), Saturated Fat: 9.45g (59.03%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 17.22g (6.26%), Sugar: 3.25g (3.61%), Cholesterol: 37.29mg (12.43%), Sodium: 622.04mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.45%), Vitamin A: 902.67IU (18.05%), Phosphorus: 105.58mg (10.56%), Folate: 32.78µg (8.2%), Vitamin B2: 0.13mg (7.75%), Calcium: 68.83mg (6.88%), Potassium: 205.39mg (5.87%), Selenium: 3.4µg (4.85%), Magnesium: 17.65mg (4.41%), Vitamin E: 0.66mg (4.38%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.56mg (3.71%), Vitamin B12: 0.22µg (3.63%), Manganese: 0.07mg (3.44%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.04mg (2.53%), Vitamin C: 1.76mg (2.13%), Copper: 0.04mg (1.95%), Vitamin D: 0.27µg (1.79%), Vitamin B6: 0.04mg (1.76%), Iron: 0.27mg (1.5%)