



Ultimate Creamed Corn – Thanksgiving s

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

Ingredients

- 1 cup vanilla almond milk
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups oz. bacon into pieces crumbled cooked
- 4 ounces cream cheese softened
- 4 cups ears corn fresh
- 0.5 teaspoon kosher salt
- 0.5 cup roasted peppers red chopped
- 3 tablespoons butter unsalted

Equipment

frying pan

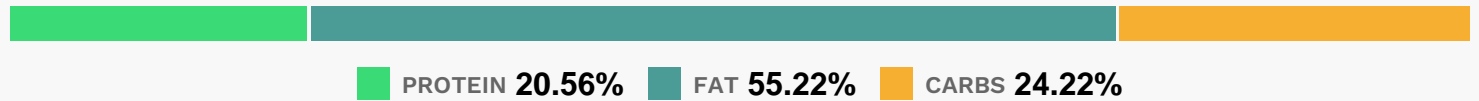
Directions

Melt butter into a 3 quart skillet over medium heat.

Add corn, salt, pepper and cream cheese. Stir until cream cheese is melted. Stir in almond milk, roasted red peppers and bacon, stirring to combine. Reduce heat to low and cook for 5 minutes until hot.

Add additional milk to thin if needed.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:6.7017391168553%

Nutrients (% of daily need)

Calories: 308.47kcal (15.42%), Fat: 20.07g (30.87%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 17.58g (6.39%), Sugar: 6.81g (7.56%), Cholesterol: 74.51mg (24.84%), Sodium: 1329.81mg (57.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Vitamin C: 12mg (14.54%), Vitamin A: 670.64IU (13.41%), Folate: 44.39µg (11.1%), Phosphorus: 110.4mg (11.04%), Vitamin B1: 0.16mg (10.5%), Magnesium: 39.04mg (9.76%), Manganese: 0.19mg (9.49%), Vitamin B3: 1.8mg (8.98%), Fiber: 2.22g (8.88%), Potassium: 305.81mg (8.74%), Vitamin B5: 0.81mg (8.14%), Calcium: 77.22mg (7.72%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.1mg (6.04%), Zinc: 0.57mg (3.79%), Copper: 0.07mg (3.66%), Iron: 0.63mg (3.49%), Selenium: 2.32µg (3.31%), Vitamin E: 0.39mg (2.62%), Vitamin K: 1.31µg (1.25%)