



Yum-Yum Corn

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



224 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 32 ounce corn kernels frozen
- 8 ounce cream cheese softened
- 0.5 teaspoon parsley dried
- 1 clove garlic pressed
- 10 servings salt to taste
- 1 teaspoon sugar white

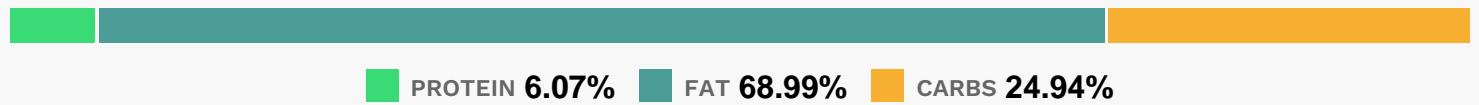
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook corn according to package directions.
- Drain water, then mix in butter, cream cheese, garlic, sugar, salt, and parsley. Spoon into a casserole dish and bake in preheated oven for 30 minutes, until lightly browned on top.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:4.0234782073809%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 223.54kcal (11.18%), Fat: 18.12g (27.87%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 12.91g (4.69%), Sugar: 5.29g (5.88%), Cholesterol: 47.31mg (15.77%), Sodium: 524.03mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin A: 629.17IU (12.58%), Folate: 35.97µg (8.99%), Vitamin B2: 0.14mg (8.08%), Fiber: 1.82g (7.29%), Phosphorus: 69.2mg (6.92%), Manganese: 0.11mg (5.6%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.47mg (4.66%), Potassium: 153.79mg (4.39%), Selenium: 2.65µg (3.79%), Vitamin E: 0.54mg (3.6%), Magnesium: 14.16mg (3.54%), Calcium: 28.17mg (2.82%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.66%), Vitamin B6: 0.05mg (2.52%), Vitamin C: 1.55mg (1.88%), Copper: 0.04mg (1.76%), Iron: 0.28mg (1.56%), Vitamin K: 1.34µg (1.28%), Vitamin B12: 0.07µg (1.15%)