

Slow Cooker Creamed Corn with Bacon

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Servings: 20

Yield: 20 1/2 cup servings

10 cups (about 50 ounces) frozen corn, thawed
3 packages (8 ounce ea) cream cheese, cubed
1/2 cup 2% milk
1/2 cup heavy whipping cream
1/2 cup butter, melted
1/4 cup sugar
2 teaspoons salt
1/4 teaspoon pepper
4 strips bacon (for garnish), cooked and crumbled
chopped green onions (for garnish)

Preparation Time: 10 minutes

Cook Time: 4 hours

In a five-quart slow cooker, combine the corn, cream cheese, milk, whipping cream, butter, sugar, salt and pepper.

Cook, covered, on LOW for four to five hours or until heated through.

Stir just before serving. Sprinkle with bacon and green onions.

Per Serving (excluding unknown items): 231 Calories; 19g Fat (72.3% calories from fat); 4g Protein; 12g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 369mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Side Dishes, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	231	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	20.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	20mcg
Saturated Fat (g):	12g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	59mg	% Daily Value:	0 0%

Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	369mg
Potassium (mg):	143mg
Calcium (mg):	44mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	823IU
Vitamin A (r.e.):	226 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	231	Calories from Fat: 167
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% Daily Values*

Total Fat	19g	30%
Saturated Fat	12g	60%
Cholesterol	59mg	20%
Sodium	369mg	15%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	4%
Protein	4g	

Vitamin A	16%
Vitamin C	5%
Calcium	4%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.