

# Whipped Cream Corn Salad

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## Yield: 2 1/2 cups

1 cup fresh corn kernels  
1 1/4 cups fresh corn kernels  
1/4 teaspoon Kosher salt  
1/4 teaspoon freshly ground black pepper  
1/2 cup heavy cream

## Preparation Time: 10 minutes

In a blender or food processor, process one cup of the fresh corn kernels for 30 to 60 seconds or until smooth and creamy.

In a large bowl, stir together the puree'd corn, 1-1/4 cups of fresh corn kernels, Kosher salt and black pepper.

Beat the heavy cream at high speed with an electric mixer until stiff peaks form. Fold into the corn mixture. Let stand for 15 minutes. Stir gently.

Serve immediately or let stand up to two hours.

Start to Finish Time: 25 minutes

*To make ahead, prepare the recipe as directed through step two. Cover and chill up to twenty-four hours. Let stand at room temperature for 30 minutes and proceed with the recipe.*

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Per Serving (excluding unknown items): 736 Calories; 47g Fat (52.9% calories from fat); 14g Protein; 80g Carbohydrate; 9g Dietary Fiber; 163mg Cholesterol; 526mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Non-Fat Milk; 9 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	736	Vitamin B6 (mg):	.7mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	40.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	47g	Folacin (mcg):	136mcg
Saturated Fat (g):	28g	Niacin (mg):	6mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	163mg
Carbohydrate (g):	80g
Dietary Fiber (g):	9g
Protein (g):	14g
Sodium (mg):	526mg
Potassium (mg):	871mg
Calcium (mg):	94mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	24mg
Vitamin A (i.u.):	2230IU
Vitamin A (r.e.):	549RE

% Daily Values 0 0%

### Food Exchanges

Grain (Starch):	5
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	9
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 736 Calories from Fat: 389

### % Daily Values\*

<b>Total Fat</b> 47g	72%
Saturated Fat 28g	139%
<b>Cholesterol</b> 163mg	54%
<b>Sodium</b> 526mg	22%
<b>Total Carbohydrates</b> 80g	27%
Dietary Fiber 9g	36%
<b>Protein</b> 14g	
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<b>Vitamin A</b>	45%
<b>Vitamin C</b>	41%
<b>Calcium</b>	9%
<b>Iron</b>	10%

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