

Creamed Corn

Yield: 5 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-creamed-corn-recipe>

Ingredients:

- 5 ears corn
- 1 onion medium, halved
- 20 sprigs fresh thyme tied in a bundle with kitchen twine
- 1 bay leaf
- 1/4 cup bacon chopped, about 2 oz. or 2 standard slices
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper freshly
- 2 tablespoons all purpose flour
- 2 tablespoons heavy cream
- 1 teaspoon honey optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 1030 milligrams
9. Sugar: 2 grams

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