

Delicious Cream Cheese Corn

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-recipe-for-thanksgiving-with-cream-cheese>

Ingredients:

- 1 pound corn fresh or thawed
- 1 tablespoon butter
- 3 ounces cream cheese low fat
- red pepper flakes
- pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 110 milligrams
9. Sugar: 5 grams

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