

# Southern Style Creamed Corn

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 20 ounces frozen corn kernels
- 1 cup heavy cream
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- 1/4 teaspoon black pepper
- 2 tablespoons butter
- 1 cup whole milk
- 2 tablespoons all-purpose flour
- 1/4 cup grated Parmesan cheese the Green can is fine

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 125 milligrams
4. Fat: 37 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 22 grams
8. Sodium: 780 milligrams
9. Sugar: 14 grams

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