

Creamed Corn Gratin

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Servings: 4

4 strips bacon, chopped
2 medium sweet onions, chopped
salt (to taste)
pepper (to taste)
3 cans creamed corn
1 tablespoon chopped fresh thyme (or
1 teaspoon dried)
1 tablespoon butter
1/4 cup Parmesan cheese, grated

In a large saute' pan, cook the bacon over medium heat until crisp.

Remove the bacon pieces from the pan. In the remaining bacon fat, cook the onion slowly over low heat until caramelized for about 20 minutes, stirring occasionally.

Return the bacon to the pan. Add the thyme. Cook another 1 to 2 minutes to release the flavors. Add the creamed corn. Cook over low heat for 10 minutes. Add salt and pepper to taste.

Preheat the broiler to HIGH.

Place the corn mixture in a buttered gratin dish. Top with the Parmesan cheese.

Broil until golden brown and bubbly, about 2 minutes.

Per Serving (excluding unknown items): 175 Calories; 8g Fat (38.5% calories from fat); 6g Protein; 22g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 499mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	175	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	48.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 8g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 17mg
Carbohydrate (g): 22g
Dietary Fiber (g): 2g
Protein (g): 6g
Sodium (mg): 499mg
Potassium (mg): 252mg
Calcium (mg): 84mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 143IU
Vitamin A (r.e.): 37 1/2RE

Folacin (mcg): 54mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 175 **Calories from Fat:** 67

% Daily Values*

Total Fat	8g	12%
Saturated Fat	4g	20%
Cholesterol	17mg	6%
Sodium	499mg	21%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	9%
Protein	6g	
Vitamin A		3%
Vitamin C		17%
Calcium		8%
Iron		3%

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