



WHATSheATE



Big Daddy's Sweet Corn Spoon Bread



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



382 kcal

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 6 slices bacon crumbled crisp cooked
- ☐ 5 eggs
- ☐ 2.5 cups corn kernels fresh thawed
- ☐ 0.5 cup milk
- ☐ 0.5 cup mozzarella cheese grated
- ☐ 0.3 cup parmesan
- ☐ 3 tablespoons parsley leaves chopped
- ☐ 1 tablespoon cracked pepper black

- ☐ 1.5 tablespoons salt
- ☐ 1 tablespoons paprika smoked
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted cubed

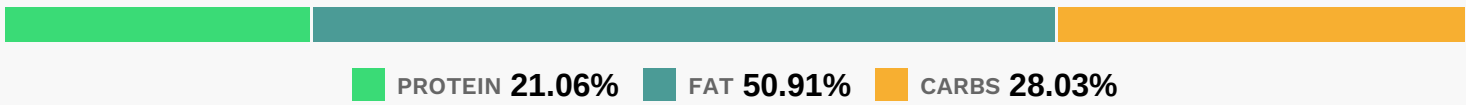
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the corn and eggs in blender and puree until thick and smooth.
- ☐ Transfer the puree to a bowl.
- ☐ Add the butter, sugar and milk and fold gently to incorporate well. Stir in the mozzarella cheese and bacon.
- ☐ Add the smoked paprika, cayenne, salt and pepper. The mixture should be thick and creamy.
- ☐ Pour the corn mixture into a greased souffle dish and sprinkle with the Parmesan and parsley.
- ☐ Bake until browned, about 45 minutes.
- ☐ Let cool for about 15 minutes before serving.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:20.243478194527%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 382.21kcal (19.11%), Fat: 22.47g (34.56%), Saturated Fat: 10.56g (66.03%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.8g (9.02%), Sugar: 13.8g (15.33%), Cholesterol: 250.5mg (83.5%), Sodium: 3113.1mg (135.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin K: 54.91µg (52.29%), Vitamin A: 2169.62IU (43.39%), Selenium: 28.22µg (40.32%), Phosphorus: 372.61mg (37.26%), Vitamin B2: 0.47mg (27.46%), Calcium: 235.04mg (23.5%), Manganese: 0.41mg (20.68%), Vitamin B12: 1.19µg (19.85%), Vitamin B5: 1.87mg (18.73%), Folate: 71.74µg (17.94%), Vitamin B1: 0.27mg (17.69%), Vitamin B6: 0.33mg (16.42%), Vitamin B3: 3.25mg (16.24%), Zinc: 2.35mg (15.67%), Magnesium: 61.21mg (15.3%), Potassium: 531.47mg (15.18%), Iron: 2.43mg (13.49%), Vitamin C: 10.55mg (12.79%), Fiber: 3.04g (12.15%), Vitamin D: 1.68µg (11.17%), Vitamin E: 1.61mg (10.71%), Copper: 0.15mg (7.37%)