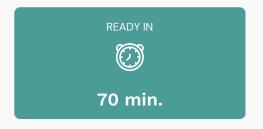


Butternut Squash Spoon Bread

Gluten Free







Ingredients

0.5 teaspoon salt

1 teaspoon double-acting baking powder
O.5 teaspoon baking soda
O.3 cup butter melted
2 cups buttermilk
4 large eggs separated
1 teaspoon rosemary leaves fresh chopped
1 cup cornmeal white stone-ground
0.3 cup parmesan cheese freshly grated

Ш	2 cups butternut squash pureed frozen thawed
Equipment	
	bowl
	sauce pan
	oven
	whisk
	baking pan
	hand mixer
Di	rections
	Preheat oven to 35
	Cook buttermilk in a heavy saucepan over medium-high heat, stirring often, 4 to 6 minutes o until bubbles appear around edges (do not boil); remove from heat. (
	Mixture may curdle.)
	Lightly beat egg yolks in a large bowl; stir in squash and cheese.
	Combine cornmeal and next 4 ingredients in a small bowl. Stir cornmeal mixture into squash mixture.
	Pour warm buttermilk over squash mixture; whisk until smooth.
	Let stand 15 minutes or until lukewarm.
	Brush a 2 1/2- to 3-qt. baking dish or 12-inch cast-iron skillet with 1 Tbsp. melted butter; stir remaining melted butter into squash mixture.
	Beat egg whites at high speed with an electric mixer until stiff peaks form. Carefully fold into squash mixture.
	Pour mixture into prepared baking dish.
	Bake at 350 for 30 to 35 minutes or until top is golden and a wooden pick inserted in center comes out clean.
	Note: We tested with Bird's Eye Frozen Butternut Squash. Buy 2 (12-oz.) packages to measure 2 cups.

Nutrition Facts

PROTEIN 14.89% FAT 46.34% CARBS 38.77%

Properties

Glycemic Index:21.63, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:13.126521794692%

Nutrients (% of daily need)

Calories: 236.49kcal (11.82%), Fat: 12.32g (18.95%), Saturated Fat: 6.39g (39.95%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.42g (7.43%), Sugar: 4.09g (4.54%), Cholesterol: 118.48mg (39.49%), Sodium: 485.97mg (21.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.9g (17.81%), Vitamin A: 4168.18IU (83.36%), Phosphorus: 206.78mg (20.68%), Calcium: 170.03mg (17%), Selenium: 11.6µg (16.57%), Vitamin B2: 0.27mg (15.79%), Vitamin B5: 1.27mg (12.68%), Vitamin B6: 0.24mg (11.88%), Magnesium: 47.49mg (11.87%), Fiber: 2.77g (11.08%), Manganese: 0.21mg (10.63%), Potassium: 336.33mg (9.61%), Zinc: 1.43mg (9.56%), Vitamin B12: 0.57µg (9.45%), Vitamin B1: 0.14mg (9.09%), Vitamin C: 7.35mg (8.91%), Vitamin D: 1.3µg (8.67%), Iron: 1.53mg (8.51%), Folate: 31.04µg (7.76%), Vitamin E: 1.07mg (7.12%), Vitamin B3: 1.06mg (5.28%), Copper: 0.1mg (5.18%), Vitamin K: 1.29µg (1.23%)