



 **6%**  
HEALTH SCORE

## Butternut Squash Spoon Bread

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**8**

CALORIES



**236 kcal**

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 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
- 0.5 teaspoon salt

- 2 cups butternut squash pureed frozen thawed

## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- hand mixer

## Directions

- Preheat oven to 350
- Cook buttermilk in a heavy saucepan over medium-high heat, stirring often, 4 to 6 minutes or 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: 0g (100%), Alcohol %: 0% (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%)