



Cheddar-and-Corn Spoon Bread

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



83 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup buttermilk (shake before measuring)
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 cup cheddar cheese grated
- ☐ 2 large egg whites
- ☐ 3 large egg yolk
- ☐ 0.8 cup ears corn fresh frozen thawed
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups milk

- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted cooled melted
- ☐ 0.8 cup cornmeal yellow

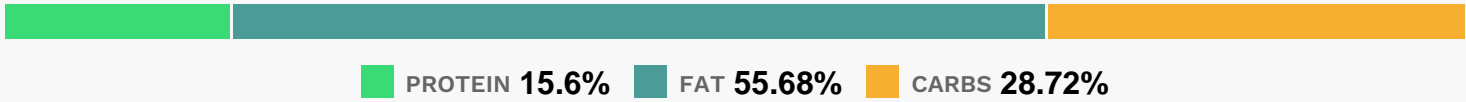
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Position a rack in middle of oven and preheat to 375F. Butter a 2-quart souffl dish.
- ☐ Place cornmeal in a large bowl. In a small bowl, whisk baking powder, cayenne and salt. Bring milk just to a simmer; whisk into cornmeal until smooth.
- ☐ Whisk in buttermilk, corn, butter, egg yolks, parsley and baking powder mixture.
- ☐ Using an electric mixer on medium-high speed, beat egg whites just until they hold stiff peaks. Gently fold egg whites and 1/2 cup Cheddar into cornmeal mixture.
- ☐ Transfer to souffl dish and sprinkle with remaining 1/2 cup Cheddar.
- ☐ Bake until top is golden brown and spoon bread is set around edges but still slightly jiggly in center, 35 to 40 minutes.
- ☐ Let stand for 10minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:2.69, Inflammation Score:-2, Nutrition Score:3.6895652128303%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 82.69kcal (4.13%), Fat: 5.19g (7.98%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.46g (1.98%), Sugar: 1.81g (2.01%), Cholesterol: 34.77mg (11.59%), Sodium: 180.9mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 13.53µg (12.88%), Calcium: 90.73mg (9.07%), Phosphorus: 79.6mg (7.96%), Selenium: 4.01µg (5.73%), Vitamin B2: 0.09mg (5.55%), Vitamin A: 262IU (5.24%), Vitamin B12: 0.24µg (4.06%), Zinc: 0.51mg (3.4%), Vitamin D: 0.51µg (3.4%), Magnesium: 12.19mg (3.05%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.82%), Vitamin B5: 0.26mg (2.59%), Potassium: 84.81mg (2.42%), Folate: 9.27µg (2.32%), Fiber: 0.57g (2.27%), Manganese: 0.04mg (2.14%), Iron: 0.32mg (1.78%), Vitamin C: 1.38mg (1.67%), Vitamin E: 0.19mg (1.25%), Vitamin B3: 0.24mg (1.21%), Copper: 0.02mg (1.09%)