



## Cheesy Corn Spoon Bread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

### Ingredients

- 0.1 teaspoon cayenne pepper
- 10 oz corn kernels frozen thawed
- 4 large eggs separated
- 0.1 teaspoon ground nutmeg
- 3 cups milk low-fat
- 1 cup mild cheddar shredded
- 1.5 teaspoons salt
- 3 tablespoons butter unsalted
- 0.5 teaspoon pepper white

1 cup cornmeal yellow

## Equipment

frying pan

sauce pan

oven

baking pan

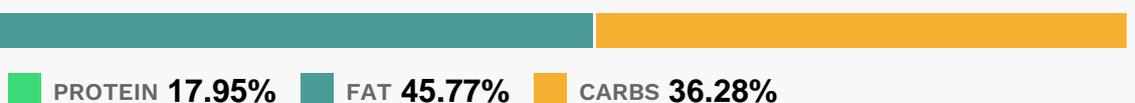
hand mixer

spatula

## Directions

- Preheat oven to 375F. Coat a 2-quart oval baking dish or 9-by-13-inch baking pan with nonstick cooking spray.
- Combine milk, salt, white pepper, cayenne, nutmeg and butter in a 4-quart saucepan over medium-high heat. Bring mixture to a boil.
- Reduce heat to medium and slowly pour in cornmeal, stirring constantly. Cook, stirring often, until very thick, 5 minutes.
- Remove from heat and cool for 5 minutes, stirring once or twice. Stir in corn, 1/2 cup cheese and egg yolks.
- Using an electric mixer, beat egg whites until soft peaks form. Gently fold egg whites into cornmeal mixture with a rubber spatula in 2 additions.
- Pour batter into prepared pan and spread evenly.
- Sprinkle with remaining cheese.
- Bake until puffed and golden brown, 30 to 35 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:24.69, Glycemic Load:8.75, Inflammation Score:-5, Nutrition Score:10.632608605468%

## Nutrients (% of daily need)

Calories: 269.77kcal (13.49%), Fat: 13.9g (21.38%), Saturated Fat: 7g (43.74%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 22.17g (8.06%), Sugar: 6.43g (7.14%), Cholesterol: 122.84mg (40.95%), Sodium: 672.46mg (29.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.53%), Phosphorus: 268.01mg (26.8%), Calcium: 229.59mg (22.96%), Selenium: 15µg (21.42%), Vitamin B2: 0.35mg (20.75%), Vitamin B12: 0.92µg (15.35%), Zinc: 1.96mg (13.06%), Vitamin A: 610.17IU (12.2%), Vitamin B6: 0.24mg (11.84%), Vitamin D: 1.64µg (10.91%), Magnesium: 43.64mg (10.91%), Fiber: 2.62g (10.5%), Vitamin B5: 1.01mg (10.11%), Manganese: 0.19mg (9.36%), Vitamin B1: 0.14mg (9.19%), Folate: 36.58µg (9.15%), Potassium: 299.05mg (8.54%), Iron: 1.18mg (6.53%), Vitamin B3: 0.98mg (4.88%), Copper: 0.09mg (4.3%), Vitamin E: 0.62mg (4.15%)