



## Chestnut Spoon Bread with Fontina Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

### Ingredients

- ☐ 1 cup honey whole peeled (from 7.4-ounce jar)
- ☐ 5 large eggs separated
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 cup semolina flour (golden semolina flour)
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter unsalted (1 stick)
- ☐ 3 cups milk whole

### Equipment

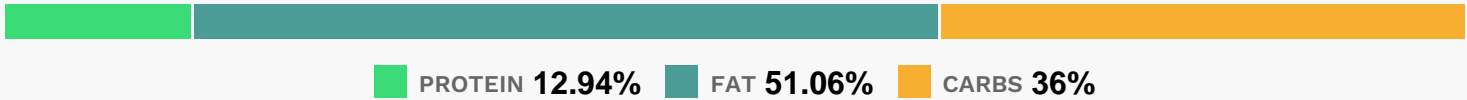
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

## Directions

- ☐ Preheat oven to 350°F. Butter 11x7-inch glass baking dish. Melt 2 tablespoons butter in heavy medium skillet over medium heat.
- ☐ Add chestnuts and thyme. Sauté until heated through, breaking chestnuts into 1/2-inch pieces with back of spoon, about 4 minutes. Bring milk just to simmer in heavy large saucepan over medium-high heat.
- ☐ Add salt, then gradually whisk in pasta flour. Reduce heat to medium. Cook until mixture is very thick, stirring constantly, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add remaining 6 tablespoons butter, then 1 cup cheese, whisking until cheese melts.
- ☐ Whisk in egg yolks 1 at a time; stir in chestnuts. Beat egg whites in large bowl until stiff but not dry. Fold whites into warm flour mixture in 2 additions.
- ☐ Transfer to prepared dish; sprinkle with remaining 1/4 cup cheese.
- ☐ Bake spoon bread until puffed and beginning to brown, about 35 minutes.
- ☐ Let cool 5 minutes; serve warm.
- ☐ \*Available at specialty foods stores, Italian markets, and some supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:23.88, Glycemic Load:13.79, Inflammation Score:-9, Nutrition Score:12.242608681969%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 312.37kcal (15.62%), Fat: 17.73g (27.27%), Saturated Fat: 9.95g (62.21%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.06g (9.84%), Sugar: 4.53g (5.03%), Cholesterol: 157.33mg (52.44%), Sodium: 154.08mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Selenium: 30.25µg (43.21%), Vitamin B2: 0.4mg (23.81%), Phosphorus: 194.86mg (19.49%), Vitamin B1: 0.26mg (17.42%), Folate: 64.69µg (16.17%), Vitamin A: 754.63IU (15.09%), Calcium: 147.5mg (14.75%), Vitamin B12: 0.8µg (13.27%), Vitamin D: 1.84µg (12.28%), Vitamin C: 9.99mg (12.11%), Manganese: 0.23mg (11.66%), Iron: 1.94mg (10.77%), Vitamin B5: 1.05mg (10.5%), Vitamin B6: 0.2mg (10%), Potassium: 319.98mg (9.14%), Magnesium: 33.04mg (8.26%), Vitamin B3: 1.61mg (8.06%), Zinc: 1.13mg (7.54%), Copper: 0.15mg (7.49%), Vitamin E: 0.75mg (5.02%), Fiber: 1.06g (4.26%), Vitamin K: 1.35µg (1.28%)