



Chipotle Spoon Bread



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



190 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 chipotle chiles in adobo sauce canned drained chopped
- ☐ 15.3 ounce whole-kernel corn divided drained canned
- ☐ 4 large egg whites
- ☐ 2 large egg yolks
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2 tablespoons honey

- ☐ 2 tablespoons butter light melted
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1.5 teaspoons salt
- ☐ 1 cup cornmeal yellow

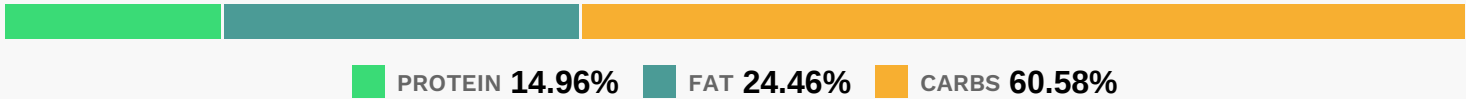
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Bring broth to a boil; pour over cornmeal in a large bowl. Stir and let stand 5 minutes.
- ☐ Place 1 cup corn, milk, and next 7 ingredients in a blender; process until smooth.
- ☐ Whisk together corn mixture and cornmeal mixture; stir in remaining corn and cilantro.
- ☐ Beat egg whites with a mixer at high speed until stiff peaks form; fold egg whites into cornmeal mixture. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. (Dish will be very full but will not bubble over.)
- ☐ Bake at 350 for 45 to 50 minutes or until puffed and golden.
- ☐ Remove from oven; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:11.16, Inflammation Score:-4, Nutrition Score:7.8226087456164%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 190.07kcal (9.5%), Fat: 5.37g (8.25%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 26.43g (9.61%), Sugar: 9.34g (10.38%), Cholesterol: 51.45mg (17.15%), Sodium: 931.51mg (40.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Phosphorus: 156.76mg (15.68%), Fiber: 3.46g (13.86%), Vitamin B2: 0.23mg (13.6%), Selenium: 9.31µg (13.31%), Calcium: 121.76mg (12.18%), Manganese: 0.24mg (12.15%), Vitamin B6: 0.19mg (9.32%), Magnesium: 36.25mg (9.06%), Folate: 35.69µg (8.92%), Vitamin B1: 0.11mg (7.59%), Vitamin B12: 0.44µg (7.35%), Zinc: 1.09mg (7.28%), Potassium: 254.04mg (7.26%), Vitamin B3: 1.43mg (7.14%), Iron: 1.25mg (6.92%), Vitamin B5: 0.68mg (6.8%), Vitamin A: 285.53IU (5.71%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.47%), Vitamin K: 3.43µg (3.27%), Vitamin E: 0.32mg (2.16%), Vitamin C: 1.17mg (1.42%)