



Chocolate-Orange Spoonbread



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces percent chocolate dark chopped
- ☐ 0.8 cup cornmeal fine
- ☐ 1 teaspoon orange zest
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 2.5 cups water cold

Equipment

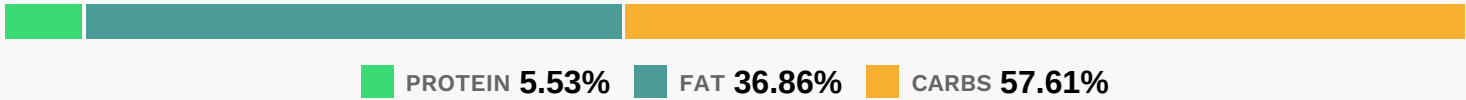
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Spread margarine along bottom and sides of a 3-quart baking dish.
- ☐ Add sugar, cornmeal, and 2 1/2 cups cold water; stir well with a whisk.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from oven, and stir mixture carefully with a fork or whisk until smooth; bake an additional 15 minutes.
- ☐ Remove from oven, and stir until smooth.
- ☐ Add chocolate and orange zest; stir until chocolate melts completely.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:17.54, Inflammation Score:-3, Nutrition Score:5.5017391462689%

Nutrients (% of daily need)

Calories: 220.92kcal (11.05%), Fat: 9.14g (14.06%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 28.7g (10.44%), Sugar: 14.8g (16.45%), Cholesterol: 5.44mg (1.81%), Sodium: 8.94mg (0.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 3.09g (6.17%), Manganese: 0.4mg (20.2%), Copper: 0.32mg (15.78%), Fiber: 3.45g (13.79%), Magnesium: 54.69mg (13.67%), Iron: 2.29mg (12.72%), Phosphorus: 89.01mg (8.9%), Zinc: 1.1mg (7.33%), Vitamin B6: 0.12mg (6.17%), Potassium: 166.84mg (4.77%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.64mg (3.22%), Selenium: 2.25µg (3.21%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.18mg (1.82%), Folate: 6.93µg (1.73%), Calcium: 15.71mg (1.57%), Vitamin E: 0.21mg (1.41%), Vitamin A: 65.24IU (1.3%), Vitamin K: 1.24µg (1.18%)