



Cook the Book: Bayona Extra-Cheesy Spoon Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

Ingredients

- ☐ 8 servings breadcrumbs dry
- ☐ 0.3 pound butter plus more for greasing cut in small pieces, (1 stick)
- ☐ 1 cup cornmeal
- ☐ 4 eggs separated
- ☐ 2 garlic clove minced
- ☐ 4 cups milk
- ☐ 1 small onion finely chopped
- ☐ 8 servings salt and pepper

☐ 1 cup cheddar cheese white grated for topping

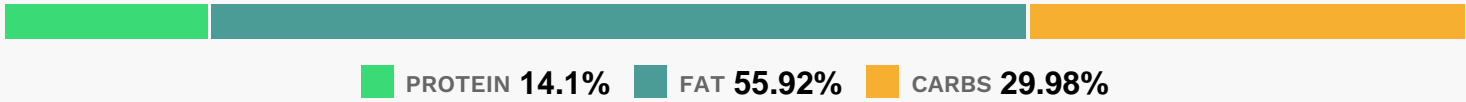
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 400°F. Butter a 2-quart casserole or 8 individual ramekins and coat with bread crumbs. Shake out excess crumbs.
- ☐ Melt the butter in a 2-quart saucepan over medium-high heat.
- ☐ Add the onion and garlic and cook, stirring, for about 5 minutes.
- ☐ Add milk and bring almost to the boil.
- ☐ Whisk in cornmeal and bring to a boil. Reduce heat and cook, whisking constantly, until the mixture has thickened, about 5 minutes. Season generously with salt and pepper.
- ☐ Remove from heat and let cool.
- ☐ In a clean bowl, beat the egg whites until they're stiff but still creamy.
- ☐ Beat the egg yolks into the cornmeal mixture, then fold in the egg whites, a third at a time. Fold in the cheese and pour into casserole or spoon into ramekins.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:11.16, Inflammation Score:-6, Nutrition Score:12.553043474322%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 384.36kcal (19.22%), Fat: 24.01g (36.93%), Saturated Fat: 13.29g (83.05%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 26.48g (9.63%), Sugar: 7.31g (8.13%), Cholesterol: 141.08mg (47.03%), Sodium: 529.38mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.24%), Phosphorus: 299.78mg (29.98%), Calcium: 288.63mg (28.86%), Selenium: 17.07µg (24.39%), Vitamin B2: 0.4mg (23.41%), Vitamin B12: 1.06µg (17.72%), Vitamin A: 812.44IU (16.25%), Vitamin B1: 0.24mg (16.25%), Zinc: 2.1mg (14%), Vitamin B6: 0.27mg (13.56%), Manganese: 0.26mg (12.8%), Vitamin D: 1.87µg (12.45%), Magnesium: 48.01mg (12%), Vitamin B5: 1.05mg (10.55%), Fiber: 2.48g (9.93%), Potassium: 327.06mg (9.34%), Iron: 1.52mg (8.45%), Folate: 32.87µg (8.22%), Vitamin B3: 1.33mg (6.64%), Vitamin E: 0.81mg (5.4%), Copper: 0.1mg (5.06%), Vitamin K: 2.51µg (2.39%), Vitamin C: 0.88mg (1.07%)