



Corn and Tomato Spoonbread

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup corn kernels from 2 ears corn
- ☐ 0.5 cup cornmeal plus more for the ramekins
- ☐ 4 large eggs
- ☐ 2 tablespoons chives fresh minced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 4 servings pepper freshly ground

- ☐ 4 servings pickled vegetables such as carrots, green beans and okra, for serving
- ☐ 2 medium tomatoes
- ☐ 4 servings butter unsalted for the ramekins
- ☐ 2 cups milk whole

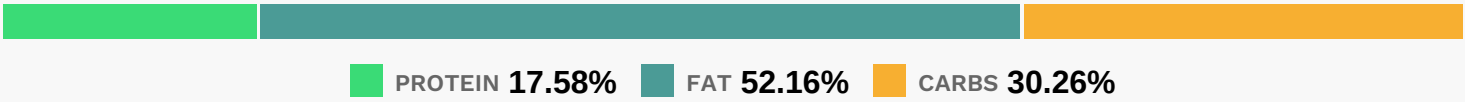
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Preheat the oven to 375 degrees F. Generously butter four 6-ounce ramekins and dust with cornmeal; tap out the excess.
- ☐ Whisk the milk, corn, cornmeal and a pinch of salt in a large microwave-safe bowl and microwave 5 minutes. Stir and continue to microwave until thick, about 2 more minutes. Meanwhile, beat the eggs in a bowl with a mixer until thick and airy, about 5 minutes.
- ☐ Whisk 1/2 cup cheese and 1 tablespoon chives into the hot cornmeal mixture until thick.
- ☐ Whisk half of the cornmeal mixture into the eggs, then whisk in the remaining cornmeal mixture until smooth. Divide the batter among the prepared ramekins and sprinkle with the remaining 1/4 cup cheese.
- ☐ Transfer the ramekins to a baking sheet and bake until puffed and set, 20 to 25 minutes.
- ☐ Meanwhile, chop the tomatoes and toss with the olive oil, the remaining 1 tablespoon chives, and salt and pepper. Top the spoonbread with the tomato mixture.
- ☐ Serve with pickled vegetables.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:12.54, Inflammation Score:-8, Nutrition Score:21.950869601706%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 453.98kcal (22.7%), Fat: 26.89g (41.37%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 30.12g (10.95%), Sugar: 11.64g (12.93%), Cholesterol: 227.7mg (75.9%), Sodium: 731.25mg (31.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Phosphorus: 442.56mg (44.26%), Calcium: 375.95mg (37.59%), Selenium: 26.07µg (37.24%), Vitamin K: 37.31µg (35.53%), Vitamin B2: 0.59mg (34.65%), Vitamin A: 1730.86IU (34.62%), Vitamin B12: 1.37µg (22.76%), Vitamin B6: 0.44mg (21.82%), Manganese: 0.42mg (20.85%), Vitamin C: 16.66mg (20.2%), Fiber: 4.97g (19.9%), Zinc: 2.96mg (19.7%), Potassium: 673.5mg (19.24%), Folate: 75.67µg (18.92%), Magnesium: 75.22mg (18.8%), Vitamin B5: 1.74mg (17.37%), Vitamin D: 2.51µg (16.74%), Vitamin E: 2.48mg (16.52%), Vitamin B1: 0.24mg (15.84%), Iron: 2.47mg (13.74%), Vitamin B3: 1.86mg (9.32%), Copper: 0.19mg (9.26%)