



Corn Spoon Bread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

Ingredients

- 0.3 teaspoon pepper black
- 2 cups corn kernels 10-ounce package corn fresh frozen thawed
- 2 large eggs lightly beaten
- 1 tablespoon thyme leaves fresh
- 0.8 cup ground cornmeal finely
- 1.5 teaspoons kosher salt
- 2 tablespoons butter unsalted plus more for the dish
- 3 cups milk whole

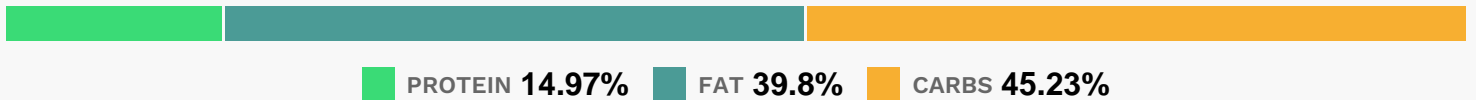
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

Directions

- Heat oven to 350 F. In a large saucepan, over medium heat, bring 2 cups of the milk and the corn to a boil. In a small bowl, whisk together the remaining milk and the cornmeal.
- Whisking constantly, slowly add the mixture to the boiling milk. Reduce heat and simmer gently, stirring frequently, for 3 minutes.
- Remove from heat. Stir in the butter, thyme, salt, pepper, and eggs.
- Transfer to a buttered casserole or cast-iron skillet.
- Bake until golden and set, about 30 minutes.
- Bake the spoon bread and let it cool. Set aside at room temperature for up to 4 hours. If desired, warm in a 250 F oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:7.4686955446782%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 183.62kcal (9.18%), Fat: 8.35g (12.84%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 18.99g (6.91%), Sugar: 6.5g (7.23%), Cholesterol: 65mg (21.67%), Sodium: 573.67mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Phosphorus: 171.43mg (17.14%), Vitamin B2: 0.24mg (14.07%), Calcium: 126.6mg (12.66%), Vitamin B12: 0.61µg (10.19%), Selenium: 6.76µg (9.65%), Fiber: 2.36g (9.44%), Vitamin B6: 0.18mg (9.18%), Magnesium: 35.35mg (8.84%), Vitamin D: 1.31µg (8.73%), Manganese: 0.17mg (8.69%), Vitamin B1: 0.12mg (7.79%), Vitamin B5: 0.78mg (7.75%), Zinc: 1.15mg (7.67%), Potassium: 263.71mg

(7.53%), Vitamin A: 363.56IU (7.27%), Folate: 26.62µg (6.66%), Iron: 0.94mg (5.21%), Vitamin B3: 0.9mg (4.51%),
Copper: 0.07mg (3.31%), Vitamin C: 2.06mg (2.49%), Vitamin E: 0.35mg (2.34%)