

Corn Spoon Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

Ingredients

- ☐ 2 tablespoons butter cut in small pieces
- ☐ 1 cup corn kernels canned drained
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper flakes red
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk
- ☐ 1 cup cheddar shredded divided
- ☐ 0.3 cup cornmeal yellow

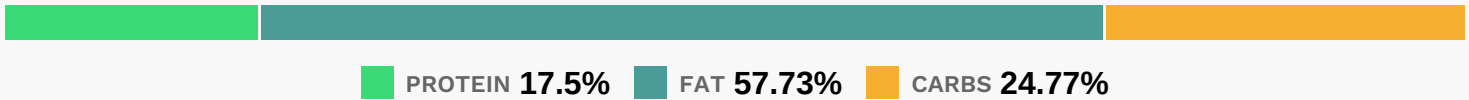
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a medium saucepan, whisk together the milk, cornmeal, and salt. Cook over medium-high heat, stirring constantly, until mixture has thickened, about 5 minutes. Stir in 1/2 cup of the cheese, the corn, and the green onion. Temper the eggs by slowly whisking some of the hot milk mixture into the beaten eggs. Stir the tempered eggs into the milk mixture.
- ☐ Pour the mixture into a 1-quart baking dish. Top with pieces of butter and sprinkle with the red pepper flakes and remaining 1/2 cup of cheese.
- ☐ Bake for 25 to 30 minutes or until center is set and cheese is lightly browned.
- ☐ Remove from the oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:7.22, Inflammation Score:-6, Nutrition Score:12.560434683509%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 320.33kcal (16.02%), Fat: 20.92g (32.19%), Saturated Fat: 11.18g (69.9%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 17.78g (6.47%), Sugar: 5.45g (6.05%), Cholesterol: 143.62mg (47.87%), Sodium: 666.73mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.55%), Calcium: 301.85mg (30.18%), Phosphorus: 295.66mg (29.57%), Vitamin K: 27.39µg (26.09%), Selenium: 18.03µg (25.75%), Vitamin B2: 0.38mg (22.63%), Vitamin A: 853.42IU (17.07%), Zinc: 2.21mg (14.73%), Vitamin B12: 0.86µg (14.39%), Folate: 45.58µg (11.4%),

Vitamin B6: 0.2mg (10.08%), Magnesium: 40.2mg (10.05%), Vitamin B5: 0.97mg (9.69%), Fiber: 2.41g (9.65%),
Vitamin D: 1.34µg (8.94%), Manganese: 0.17mg (8.29%), Potassium: 282mg (8.06%), Vitamin B1: 0.11mg (7.64%),
Iron: 1.19mg (6.61%), Vitamin E: 0.85mg (5.64%), Vitamin B3: 0.91mg (4.55%), Copper: 0.08mg (4.24%), Vitamin C:
3.01mg (3.64%)