



## Fresh Corn Spoon Bread

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



178 kcal

### Ingredients

- 4 large eggs separated
- 1.5 cups ears corn fresh (from 2 to 3 ears)
- 1 teaspoon salt
- 1 tablespoon butter unsalted
- 2 cups milk whole
- 0.3 cup cornmeal yellow

### Equipment

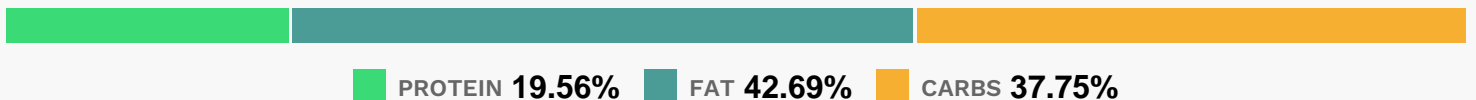
- frying pan
- sauce pan

- oven
- whisk
- hand mixer

## Directions

- Preheat oven to 425°F.
- Bring milk, cornmeal, corn kernels, butter, and salt to a boil in a 3-quart heavy saucepan over moderately high heat, stirring frequently, and simmer, stirring constantly, until thickened, 3 to 4 minutes.
- Remove from heat and cool 5 minutes, stirring occasionally, then whisk in yolks.
- Beat whites and a pinch of salt with an electric mixer at medium speed just until soft peaks form.
- Whisk one fourth of whites into cornmeal mixture in pan to lighten, then fold in remaining whites gently but thoroughly.
- Spread mixture evenly in a buttered 9 1/2-inch deep-dish glass pie plate or 1 1/2-quart shallow casserole and bake in middle of oven until puffed and golden, 15 to 20 minutes.
- Serve immediately (like a soufflé, spoon bread collapses quickly).

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:5.29, Inflammation Score:-4, Nutrition Score:8.5726087248844%

## Nutrients (% of daily need)

Calories: 178.29kcal (8.91%), Fat: 8.67g (13.34%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.7g (5.71%), Sugar: 6.44g (7.16%), Cholesterol: 138.78mg (46.26%), Sodium: 471.87mg (20.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Phosphorus: 200.84mg (20.08%), Selenium: 12.55µg (17.93%), Vitamin B2: 0.29mg (17.27%), Vitamin B12: 0.74µg (12.33%), Calcium: 120.76mg (12.08%), Vitamin B5: 1.13mg (11.29%), Vitamin D: 1.6µg (10.64%), Vitamin B6: 0.19mg (9.61%), Vitamin B1: 0.14mg (9.45%), Magnesium: 36.68mg (9.17%), Vitamin A: 437.86IU (8.76%), Folate: 33.97µg (8.49%), Potassium: 294.96mg (8.43%), Zinc: 1.21mg (8.05%), Manganese: 0.13mg (6.47%), Fiber: 1.56g (6.22%), Iron: 1.04mg (5.78%), Vitamin B3: 0.97mg (4.86%), Vitamin E: 0.5mg (3.35%), Copper: 0.07mg (3.32%), Vitamin C: 2.46mg (2.99%)