



Fresh Corn Spoonbread

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup self-rising corn meal mix white
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cups corn kernels fresh 5 to 6 ears
- ☐ 2 cups yogurt plain
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

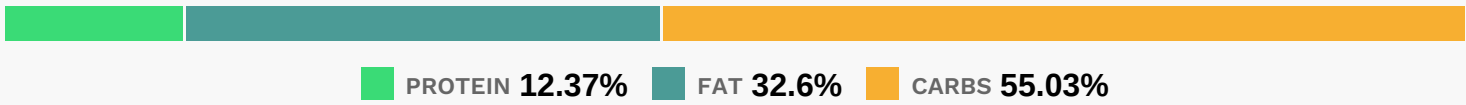
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together cornmeal mix and next 3 ingredients in a large bowl; make a well in center of mixture. Stir together corn and next 3 ingredients; add to cornmeal mixture, stirring just until dry ingredients are moistened. Spoon corn mixture into a lightly greased 2-qt. rectangular baking dish.
- ☐ Bake at 350 for 40 to 45 minutes or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:10.911304315795%

Nutrients (% of daily need)

Calories: 308.99kcal (15.45%), Fat: 11.6g (17.85%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 40.34g (14.67%), Sugar: 14.02g (15.57%), Cholesterol: 92.96mg (30.99%), Sodium: 402.99mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Phosphorus: 225.63mg (22.56%), Vitamin B1: 0.26mg (17.4%), Vitamin B2: 0.28mg (16.59%), Folate: 64.42µg (16.1%), Vitamin B5: 1.58mg (15.82%), Magnesium: 63.14mg (15.78%), Manganese: 0.31mg (15.43%), Fiber: 3.73g (14.91%), Selenium: 10.3µg (14.71%), Vitamin B6: 0.24mg (11.92%), Potassium: 414.86mg (11.85%), Vitamin B3: 2.36mg (11.82%), Zinc: 1.64mg (10.95%), Iron: 1.86mg (10.33%), Vitamin A: 474.74IU (9.49%), Calcium: 91.37mg (9.14%), Vitamin B12: 0.41µg (6.76%), Vitamin C: 5.24mg (6.35%), Copper: 0.11mg (5.68%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.44µg (2.91%)