



Fresh Corn Spoonbread

READY IN



65 min.

SERVINGS



12

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup self-rising cornmeal mix white
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 cups corn kernels fresh (8 ears)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 cups yogurt plain

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 12 servings garnish: thyme sprigs fresh

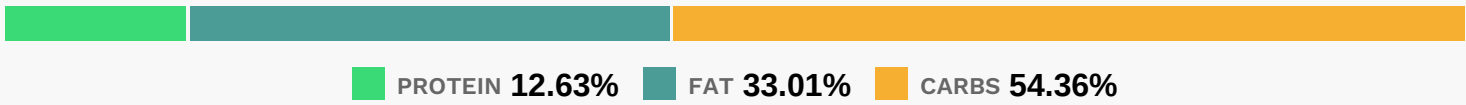
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 4 ingredients in a large bowl; make a well in center of mixture. Stir together corn and next 6 ingredients; add to cornmeal mixture, stirring just until dry ingredients are moistened. Divide mixture among 12 (6-oz.) buttered ramekins.
- ☐ Bake at 350 for 35 to 40 minutes or until golden brown and set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:4.7, Inflammation Score:-8, Nutrition Score:9.140869555266%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.88kcal (9.79%), Fat: 7.5g (11.53%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 25.56g (9.29%), Sugar: 7.01g (7.79%), Cholesterol: 61.98mg (20.66%), Sodium: 455.47mg (19.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Phosphorus: 207.65mg (20.76%), Folate:

78.52µg (19.63%), Vitamin B1: 0.24mg (15.71%), Vitamin B2: 0.24mg (13.99%), Vitamin K: 13.32µg (12.68%), Manganese: 0.22mg (10.87%), Calcium: 108.2mg (10.82%), Vitamin A: 505.01IU (10.1%), Vitamin B3: 1.98mg (9.89%), Selenium: 6.86µg (9.8%), Iron: 1.7mg (9.42%), Magnesium: 35.73mg (8.93%), Fiber: 2.21g (8.82%), Vitamin C: 6.73mg (8.16%), Vitamin B5: 0.79mg (7.89%), Potassium: 260.42mg (7.44%), Vitamin B6: 0.14mg (7.1%), Zinc: 0.9mg (5.97%), Vitamin B12: 0.27µg (4.51%), Copper: 0.08mg (3.75%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.29µg (1.94%)