



Garlic Spoonbread

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



165 kcal

SIDE DISH

Ingredients

- 1 eggs separated
- 1 clove garlic minced
- 2 tablespoons green onions minced
- 0.1 teaspoon salt
- 0.7 cup skim milk
- 0.5 cup water
- 0.3 cup cornmeal yellow

Equipment

- bowl
- sauce pan
- oven
- whisk
- hand mixer

Directions

- Coat a medium saucepan with cooking spray; place over medium-high heat until hot.
- Add green onions and garlic; saute until tender.
- Add milk and next 3 ingredients; cook over medium heat, stirring constantly with a wire whisk, until mixture is thickened and bubbly.
- Remove from heat.
- Beat egg yolk in a medium bowl. Gradually stir about one-fourth of hot cornmeal mixture into egg yolk; add to remaining cornmeal mixture, stirring constantly with a wire whisk.
- Beat egg white at high speed of an electric mixer until stiff peaks form. Fold one-third of egg white into cornmeal mixture; fold in remaining egg white.
- Pour mixture into a 2-cup casserole coated with cooking spray.
- Bake at 375 for 35 to 40 minutes or until puffed and golden.
- Serve immediately.

Nutrition Facts

PROTEIN 20.36% **FAT 20.4%** **CARBS 59.24%**

Properties

Glycemic Index:81.88, Glycemic Load:13.09, Inflammation Score:-4, Nutrition Score:9.0282608788946%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 165.14kcal (8.26%), Fat: 3.73g (5.75%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 21.73g (7.9%), Sugar: 4.77g (5.3%), Cholesterol: 84.29mg (28.1%), Sodium: 215.3mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Phosphorus: 195.08mg (19.51%), Selenium: 10.23µg (14.61%), Vitamin B2: 0.24mg (14.04%), Vitamin B6: 0.26mg (13.17%), Calcium: 130.61mg (13.06%), Vitamin K: 12.56µg (11.97%), Vitamin B12: 0.67µg (11.16%), Magnesium: 42.97mg (10.74%), Fiber: 2.68g (10.71%), Manganese: 0.21mg (10.68%), Zinc: 1.52mg (10.13%), Vitamin B1: 0.14mg (9.36%), Vitamin D: 1.34µg (8.92%), Vitamin B5: 0.8mg (8%), Potassium: 274.68mg (7.85%), Iron: 1.29mg (7.18%), Vitamin A: 345.36IU (6.91%), Folate: 24.87µg (6.22%), Copper: 0.1mg (5.03%), Vitamin B3: 0.81mg (4.05%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.6mg (1.93%)