



Halibut Spoon Bread

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 2 cups buttermilk
- ☐ 0.1 teaspoon cream of tartar
- ☐ 5 medium egg whites
- ☐ 3 medium eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons basil fresh chopped

- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup cornmeal yellow stone-ground
- ☐ 0.5 pound grouper fillet
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 pound shrimp fresh

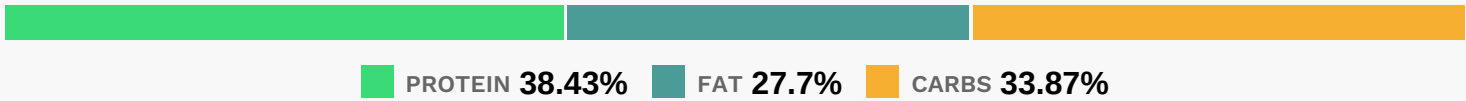
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Peel shrimp; devein, if desired. Set aside.
- ☐ Combine cornmeal and next 7 ingredients in a large bowl. Stir together 3 egg yolks and buttermilk; add to dry ingredients, stirring just until moistened.
- ☐ Beat 8 egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form. Fold one-third egg white mixture into cornmeal mixture; repeat procedure twice using remaining egg white mixture and cornmeal mixture.
- ☐ Brown butter in a 10-inch cast-iron skillet over medium-high heat.
- ☐ Place fillet in center of skillet; pour batter over top.
- ☐ Bake at 400 for 20 minutes; place shrimp on top, and cook 10 additional minutes or until spoon bread is golden and shrimp turn pink.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.94, Glycemic Load:9.86, Inflammation Score:-4, Nutrition Score:9.7126085673985%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 200.73kcal (10.04%), Fat: 6.1g (9.39%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 15.63g (5.68%), Sugar: 3.3g (3.67%), Cholesterol: 127.87mg (42.62%), Sodium: 669.75mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Selenium: 24.65µg (35.21%), Phosphorus: 251.78mg (25.18%), Vitamin B2: 0.31mg (18.3%), Calcium: 181.5mg (18.15%), Potassium: 395.52mg (11.3%), Magnesium: 41.61mg (10.4%), Vitamin B12: 0.61µg (10.21%), Vitamin B6: 0.2mg (9.9%), Vitamin B1: 0.15mg (9.78%), Copper: 0.18mg (9.2%), Zinc: 1.33mg (8.86%), Iron: 1.54mg (8.54%), Vitamin B5: 0.82mg (8.25%), Folate: 31.87µg (7.97%), Vitamin D: 1.11µg (7.4%), Manganese: 0.14mg (7.09%), Vitamin A: 278.77IU (5.58%), Fiber: 1.16g (4.63%), Vitamin B3: 0.88mg (4.42%), Vitamin E: 0.3mg (1.98%)