



Ham and Two-Cheese Spoon Bread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme leaves dried
- 4 large egg whites
- 2 large egg yolks lightly beaten
- 2.8 cups milk fat-free
- 0.1 teaspoon ground pepper red
- 8 ounces 3%-less-sodium ham diced
- 1 cup onion chopped
- 1 ounce parmesan cheese fresh grated

- 4 ounces sharp cheddar cheese shredded reduced-fat
- 2 teaspoons sugar
- 0.8 cup cornmeal yellow

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- baking pan
- spatula

Directions

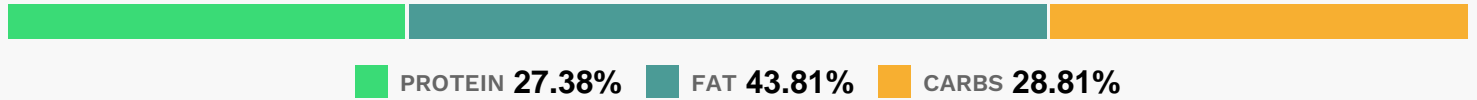
- Preheat oven to 37
- Combine milk, sugar, dried thyme, and pepper in a medium saucepan over medium-high heat. When mixture begins to simmer, gradually add cornmeal in a slow, steady stream, stirring well with a whisk. Cook 3 minutes or until thickened and smooth, stirring constantly.
- Transfer cornmeal mixture to a large bowl.
- Add yolks, stirring with a whisk.
- Let mixture stand 10 minutes.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion; saut 6 minutes or until tender.
- Add to cornmeal mixture. Recoat pan with cooking spray.
- Add ham; saut 5 minutes or until ham begins to brown.
- Add to cornmeal mixture. Stir cheeses into cornmeal mixture.
- Beat egg whites with a mixer at high speed until stiff peaks form (do not overbeat). Gently stir one-third of egg white mixture into cornmeal mixture; gently fold in remaining egg white mixture. Using a rubber spatula, scrape cornmeal mixture into a 1 1/2-quart souffl or deep

baking dish coated with cooking spray.

Bake at 375 for 50 minutes or until puffed, golden brown, and just set in center.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:9.09, Inflammation Score:-5, Nutrition Score:11.45913040638%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 261.05kcal (13.05%), Fat: 12.63g (19.42%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.88g (6.14%), Sugar: 6.55g (7.28%), Cholesterol: 82.59mg (27.53%), Sodium: 551.43mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Phosphorus: 299.03mg (29.9%), Selenium: 19.62µg (28.02%), Calcium: 269.88mg (26.99%), Vitamin B2: 0.36mg (21.32%), Vitamin B1: 0.29mg (19.06%), Vitamin B12: 0.96µg (16.01%), Zinc: 2.26mg (15.08%), Vitamin B6: 0.3mg (14.93%), Magnesium: 41.18mg (10.29%), Potassium: 346.29mg (9.89%), Vitamin D: 1.46µg (9.71%), Vitamin B3: 1.8mg (9%), Vitamin A: 420.95IU (8.42%), Vitamin B5: 0.78mg (7.77%), Manganese: 0.14mg (7.23%), Fiber: 1.8g (7.18%), Iron: 1.07mg (5.96%), Folate: 21.87µg (5.47%), Copper: 0.08mg (4.16%), Vitamin E: 0.4mg (2.69%), Vitamin K: 2.71µg (2.58%), Vitamin C: 1.57mg (1.9%)