



Herbed Polenta Spoon Bread

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

Ingredients

- 4 large egg whites
- 1 large egg yolks
- 2 cups fat-skimmed chicken broth
- 2 teaspoons sage leaves or dried fresh minced
- 0.3 cup green onions fresh minced
- 0.5 cup evaporated nonfat milk
- 0.5 cup parmesan cheese shredded
- 1 cup polenta
- 6 servings salt and pepper to taste

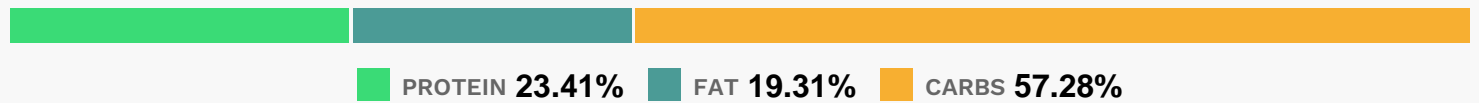
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- In a 5- to 6-quart pan, blend polenta, chicken broth, 1 cup water, and evaporated nonfat milk. Stir over high heat until mixture boils, then reduce heat and simmer, stirring often, until polenta is smooth to taste, about 15 minutes. Stir in the shredded parmesan cheese, minced fresh chives or green onions, sage, and salt and pepper to taste.
- While polenta cooks, in a deep bowl, with a mixer on high speed, whip 4 large egg whites until they hold soft peaks.
- Remove polenta from heat and stir in 2 large egg yolks and about 1/3 of the whipped egg whites, then fold in remaining whites.
- Scrape mixture into a lightly oiled shallow 1 1/2-quart casserole (8- by 11-in. oval) and spread level.
- Bake spoon bread in a 375 oven until well browned at the edges and lightly browned on top, about 40 minutes (about 30 minutes in a convection oven). Spoon portions onto plates.

Nutrition Facts



Properties

Glycemic Index:17.54, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.274347782135%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 162.12kcal (8.11%), Fat: 3.42g (5.26%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 22.34g (8.12%), Sugar: 1.58g (1.76%), Cholesterol: 36.88mg (12.29%), Sodium: 683.34mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Selenium: 14.46µg (20.65%), Calcium: 136.57mg (13.66%), Phosphorus: 122.69mg (12.27%), Vitamin B2: 0.19mg (11.44%), Vitamin B12: 0.44µg (7.41%), Vitamin A: 278.82IU (5.58%), Vitamin B5: 0.46mg (4.62%), Magnesium: 17.44mg (4.36%), Vitamin B6: 0.08mg (4.16%), Vitamin K: 4.36µg (4.15%), Potassium: 145.05mg (4.14%), Vitamin B3: 0.82mg (4.12%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.53mg (3.52%), Iron: 0.57mg (3.18%), Vitamin D: 0.42µg (2.79%), Manganese: 0.05mg (2.52%), Folate: 9.93µg (2.48%), Copper: 0.05mg (2.38%), Fiber: 0.48g (1.92%), Vitamin C: 0.98mg (1.19%)