



Hominy Spoonbread

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces weight cream cheese fat-free softened
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 4 garlic clove minced
- ☐ 46.5 ounce hominy rinsed drained canned
- ☐ 0.5 teaspoon hot sauce
- ☐ 3 cups milk 1% low-fat

- ☐ 1.5 cups onion diced (1 large)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

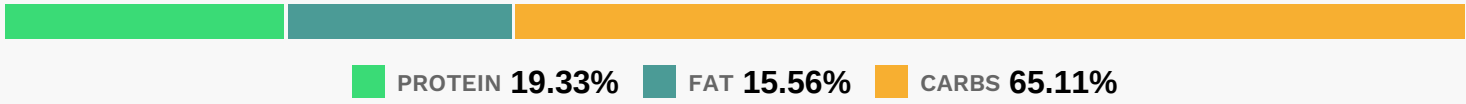
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic to pan; saut 5 minutes or until golden. Set aside.
- ☐ Place hominy in a food processor; process 1 minute or until finely ground.
- ☐ Combine cheeses in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add milk, egg substitute, and eggs; beat well.
- ☐ Add hominy, sugar, hot sauce, salt, and pepper; stir well. Stir in onion mixture.
- ☐ Pour mixture into a 13 x 9inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:7.9626087235368%

Flavonoids

Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 167.53kcal (8.38%), Fat: 2.88g (4.43%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.35g (8.49%), Sugar: 8.73g (9.7%), Cholesterol: 41.42mg (13.81%), Sodium: 624.9mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Selenium: 14.05µg (20.07%), Phosphorus: 186.05mg (18.61%), Fiber: 3.74g (14.97%), Calcium: 144.63mg (14.46%), Zinc: 2.08mg (13.84%), Vitamin B2: 0.22mg (13.08%), Vitamin B12: 0.62µg (10.26%), Magnesium: 36.63mg (9.16%), Vitamin B5: 0.9mg (8.96%), Manganese: 0.16mg (7.83%), Vitamin D: 1.17µg (7.81%), Iron: 1.32mg (7.32%), Vitamin B6: 0.13mg (6.45%), Potassium: 220.4mg (6.3%), Vitamin B1: 0.08mg (5.24%), Vitamin A: 225.28IU (4.51%), Folate: 15.96µg (3.99%), Copper: 0.07mg (3.3%), Vitamin C: 2.36mg (2.86%), Vitamin E: 0.38mg (2.56%)