



Mexican Spoon Bread

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



200 kcal

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1.5 cups whole-kernel corn frozen thawed
- 0.3 cup cornmeal
- 2 tablespoons heavy whipping cream
- 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.3 cup splenda® no calorie sweetener
- 0.3 teaspoon salt
- 0.3 cup water

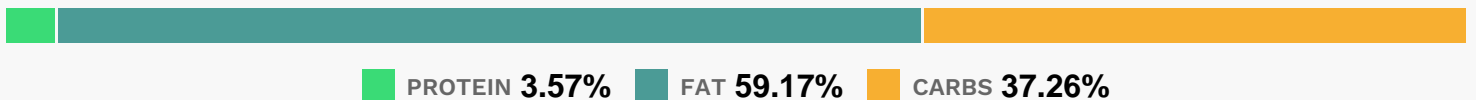
Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- ice cream scoop

Directions

- In a medium bowl beat butter until it is creamy.
- Add the Mexican corn flour and water and beat until well mixed.
- Using a food processor, process thawed corn, but leave chunky. Stir into the butter mixture.
- In a separate bowl, mix cornmeal, SLENDA® Granulated Sweetener, cream, salt, and baking powder.
- Add to corn flour mixture and stir to combine.
- Pour batter into an ungreased 8x8 inch baking pan. Smooth batter and cover with aluminum foil.
- Place pan into a 9x13 inch baking dish that is filled a third of the way with water.
- Bake in a preheated 350 degree oven F (175 degrees C) oven for 50 to 60 minutes. Allow to cool for 10 minutes. Use an ice cream scoop for easy removal from pan.

Nutrition Facts



Properties

Glycemic Index:32.56, Glycemic Load:6.03, Inflammation Score:-3, Nutrition Score:3.1956521959408%

Nutrients (% of daily need)

Calories: 199.63kcal (9.98%), Fat: 13.71g (21.09%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 18.04g (6.56%), Sugar: 8.25g (9.17%), Cholesterol: 34.74mg (11.58%), Sodium: 255.25mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 433.67IU (8.67%), Vitamin B1: 0.1mg (6.52%), Folate: 23.57µg (5.89%), Fiber: 1.39g (5.55%), Vitamin B2: 0.08mg (4.83%), Phosphorus: 46.55mg (4.65%), Vitamin B3: 0.91mg (4.55%), Manganese: 0.09mg (4.42%), Magnesium: 14.42mg (3.61%), Iron: 0.62mg (3.46%), Vitamin B6: 0.06mg (3.25%), Calcium: 28.52mg (2.85%), Vitamin E: 0.41mg (2.73%), Zinc: 0.36mg (2.4%), Potassium: 76.45mg (2.18%), Selenium: 1.4µg (2%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.62%), Vitamin K: 1.12µg (1.07%)