



New Mexico Spoon Bread

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



293 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter melted
- 14.8 oz regular corn cream-style canned
- 4.5 oz chiles green chopped canned
- 6 oz cheddar cheese grated
- 3 large eggs lightly beaten
- 2 cups milk
- 1 teaspoon salt

1 cup cornmeal yellow

Equipment

bowl

frying pan

oven

Directions

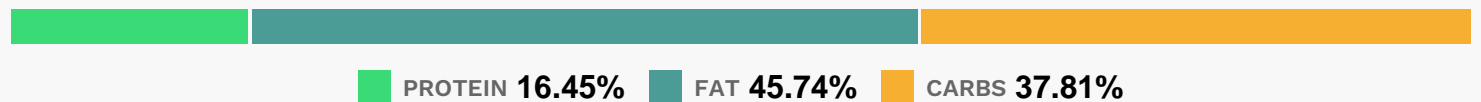
Stir together all ingredients in a large bowl.

Pour batter into a lightly greased 9-inch square pan.

Bake at 350 for 55 to 60 minutes or until golden brown.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:10, Inflammation Score:-5, Nutrition Score:11.069999995439%

Nutrients (% of daily need)

Calories: 292.82kcal (14.64%), Fat: 15.23g (23.44%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 25.56g (9.29%), Sugar: 5.07g (5.64%), Cholesterol: 105.86mg (35.29%), Sodium: 823.98mg (35.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Phosphorus: 281.04mg (28.1%), Calcium: 274.75mg (27.48%), Selenium: 14.42µg (20.6%), Vitamin B2: 0.32mg (18.58%), Zinc: 2.18mg (14.56%), Folate: 51.23µg (12.81%), Vitamin B6: 0.25mg (12.66%), Vitamin B12: 0.73µg (12.13%), Magnesium: 46.31mg (11.58%), Vitamin A: 559.35IU (11.19%), Fiber: 2.77g (11.07%), Vitamin C: 7.6mg (9.21%), Manganese: 0.17mg (8.68%), Vitamin B5: 0.83mg (8.32%), Potassium: 286.81mg (8.19%), Vitamin B1: 0.12mg (8.12%), Iron: 1.43mg (7.92%), Vitamin D: 1.17µg (7.82%), Vitamin B3: 1.18mg (5.92%), Copper: 0.1mg (4.83%), Vitamin E: 0.58mg (3.85%)