



Olde Tavern Spoon Bread



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



133 kcal

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 3 eggs beaten
- ☐ 3 cups milk
- ☐ 1 teaspoon salt
- ☐ 1.3 cups cornmeal yellow

Equipment

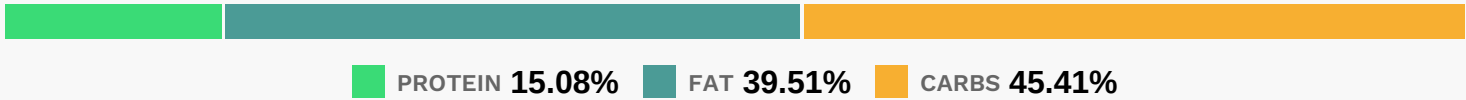
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Measure the milk into a saucepan and bring to a boil.
- ☐ Add the cornmeal; cook and stir for several minutes, until cornmeal has absorbed all of the milk.
- ☐ Remove from the heat and allow to cool for about 1 hour. The mixture will be very stiff.
- ☐ Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a 1 1/2 quart casserole dish.
- ☐ Place the cornmeal mixture into a large bowl. Stir in the eggs, salt, baking powder and butter.
- ☐ Pour into the prepared casserole dish.
- ☐ Bake for 35 minutes in the preheated oven, or until the edges become lightly toasted.
- ☐ Serve hot directly from the dish by the spoonful.

Nutrition Facts



Properties

Glycemic Index:20.71, Glycemic Load:8.44, Inflammation Score:-2, Nutrition Score:5.2573912817499%

Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 5.86g (9.02%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 13.61g (4.95%), Sugar: 3.23g (3.59%), Cholesterol: 53.26mg (17.75%), Sodium: 310.09mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Phosphorus: 134mg (13.4%), Calcium: 117.14mg (11.71%), Vitamin B2: 0.15mg (8.86%), Selenium: 5.55µg (7.94%), Vitamin B6: 0.15mg (7.68%), Vitamin B12: 0.43µg (7.19%), Magnesium: 26.57mg (6.64%), Fiber: 1.56g (6.23%), Zinc: 0.91mg (6.05%), Vitamin D: 0.89µg (5.94%), Vitamin B1: 0.09mg (5.89%), Manganese: 0.11mg (5.61%), Vitamin B5: 0.5mg (4.97%), Potassium: 160.73mg (4.59%), Vitamin A: 216.53IU (4.33%), Iron: 0.75mg (4.19%), Folate: 10.87µg (2.72%), Copper: 0.05mg (2.44%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.26mg (1.74%)