



Paraguayan Corn Bread (Sopa Paraguaya)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 0.5 cup milk fat-free
- ☐ 2 cups corn kernels fresh divided (4 ears)
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 cup curd cottage cheese 1% low-fat
- ☐ 1 cup onion chopped

- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups cornmeal yellow

Equipment

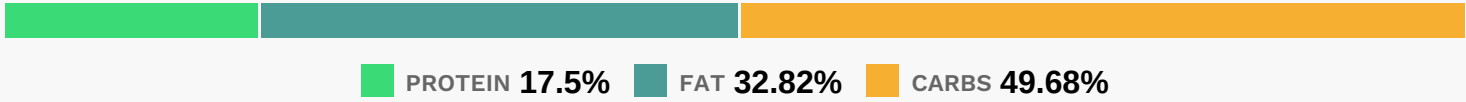
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Coat a 9-inch round cake pan with cooking spray.
- ☐ Sprinkle with Parmesan cheese, and set aside.
- ☐ Heat butter and oil in a medium skillet over medium heat.
- ☐ Add onion and bell pepper; cook 5 minutes or until soft.
- ☐ Place onion mixture in a food processor.
- ☐ Add 1 1/2 cups corn and cottage cheese; process until almost smooth, scraping sides of bowl occasionally.
- ☐ Place pureed mixture in a large bowl. Stir in remaining 1/2 cup corn, cornmeal, Muenster cheese, milk, salt, and black pepper.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon into prepared pan.

- ☐ Bake at 400 for 30 minutes or until a wooden pick inserted in center comes out clean (cover loosely with foil if it becomes too brown). Cool in pan 10 minutes on a wire rack.
- ☐ Place a plate upside down on top of bread; invert onto plate.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:13.74, Inflammation Score:-5, Nutrition Score:9.4999999533529%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 255.5kcal (12.78%), Fat: 9.52g (14.64%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 28.41g (10.33%), Sugar: 5.05g (5.61%), Cholesterol: 16.27mg (5.42%), Sodium: 490.24mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Phosphorus: 202.16mg (20.22%), Fiber: 4g (16.02%), Manganese: 0.3mg (15.23%), Selenium: 10.3µg (14.71%), Magnesium: 55.97mg (13.99%), Vitamin B6: 0.28mg (13.79%), Vitamin B2: 0.22mg (13.09%), Calcium: 128.85mg (12.88%), Vitamin B1: 0.17mg (11.62%), Zinc: 1.69mg (11.26%), Vitamin C: 8.94mg (10.83%), Potassium: 340.96mg (9.74%), Folate: 34.84µg (8.71%), Vitamin B3: 1.5mg (7.48%), Iron: 1.23mg (6.81%), Vitamin B5: 0.64mg (6.38%), Copper: 0.12mg (5.89%), Vitamin A: 288.89IU (5.78%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.24µg (1.59%)