



## Pimento-Cheese Spoon Bread with Roasted Summer Squash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

### Ingredients

- 0.1 teaspoon pepper black
- 3 large egg whites at room temperature ( )
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 0.5 cup milk 1% low-fat
- 0.3 cup onion fresh grated
- 2 ounce pimento diced drained
- 0.3 teaspoon salt

- 2 ounces cheddar cheese shredded extra-sharp
- 1 tablespoon sugar
- 4 servings roasted summer squash
- 1 cup water
- 0.5 cup cornmeal yellow

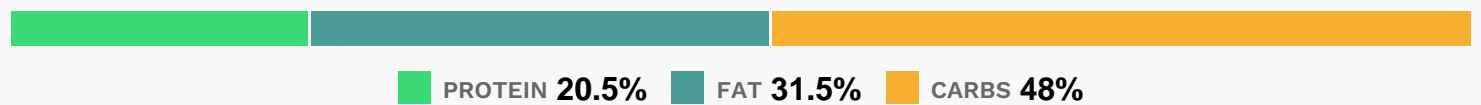
## Equipment

- sauce pan
- oven
- blender
- casserole dish

## Directions

- Preheat oven to 37
- Combine water and cornmeal in a medium saucepan; stir well. Bring to a boil. Cook 1 minute; stir frequently.
- Remove from heat; stir in milk and next 7 ingredients (milk through pimento). Set cornmeal mixture aside.
- Beat egg whites at high speed of a mixer until foamy.
- Add sugar, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into cornmeal mixture; gently fold in remaining egg white mixture. Fold in Roasted Summer Squash.
- Spoon mixture into a 1 1/2-quart casserole dish coated with cooking spray.
- Bake at 375 for 50 minutes or until set.
- Note: Prepare the Roasted Summer Squash before preparing the rest of the recipe.

## Nutrition Facts



## Properties

Glycemic Index:90.9, Glycemic Load:11.45, Inflammation Score:-6, Nutrition Score:8.0882609408835%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 181.98kcal (9.1%), Fat: 6.4g (9.85%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 19.52g (7.1%), Sugar: 5.93g (6.59%), Cholesterol: 15.65mg (5.22%), Sodium: 297.53mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin C: 16.17mg (19.6%), Selenium: 11.09µg (15.85%), Phosphorus: 152.57mg (15.26%), Calcium: 148.73mg (14.87%), Vitamin B2: 0.25mg (14.61%), Vitamin A: 604.87IU (12.1%), Vitamin B6: 0.22mg (10.89%), Fiber: 2.44g (9.76%), Manganese: 0.19mg (9.75%), Zinc: 1.35mg (9%), Magnesium: 34.69mg (8.67%), Vitamin B1: 0.09mg (6.19%), Potassium: 214.93mg (6.14%), Vitamin B12: 0.35µg (5.87%), Iron: 0.99mg (5.51%), Copper: 0.09mg (4.35%), Folate: 14.62µg (3.65%), Vitamin B5: 0.36mg (3.55%), Vitamin B3: 0.7mg (3.49%), Vitamin D: 0.41µg (2.73%), Vitamin E: 0.33mg (2.19%), Vitamin K: 2.1µg (2%)