



Pumpkin Spoon Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

Ingredients

- ☐ 1 cup pumpkin puree pure canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 large eggs separated
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup cornmeal yellow stone-ground
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 2.5 cups milk whole

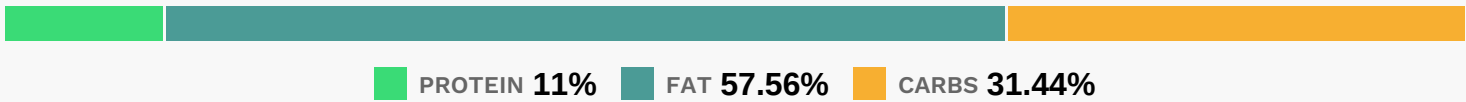
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Bring milk, butter, and salt to a simmer in a medium saucepan. Reduce heat, gradually whisk in cornmeal, and simmer, stirring, until thickened, about 2 minutes.
- ☐ Remove from heat; whisk in pumpkin purée.
- ☐ Whisk egg yolks, chives, thyme, cinnamon, cayenne, ginger, and nutmeg in a large bowl.
- ☐ Whisk in cornmeal mixture.
- ☐ Using an electric mixer, beat egg whites in a medium bowl until soft peaks form.
- ☐ Whisk 1/4 of whites into batter, then gently fold in remaining whites. Scrape batter into a 9x5" loaf pan.
- ☐ Bake until spoon bread is set and begins to pull away from sides of pan, 30–40 minutes.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:10.03, Inflammation Score:-10, Nutrition Score:12.550869537436%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 262.3kcal (13.12%), Fat: 17.03g (26.2%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 18.04g (6.56%), Sugar: 5.1g (5.67%), Cholesterol: 109.4mg (36.47%), Sodium: 640.94mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin A: 5394.21IU (107.88%), Phosphorus: 173.83mg (17.38%), Vitamin B2: 0.23mg (13.68%), Selenium: 8.71µg (12.45%), Calcium: 119.59mg (11.96%), Manganese: 0.23mg (11.63%), Fiber: 2.89g (11.55%), Vitamin B6: 0.22mg (10.82%), Magnesium: 40.78mg (10.2%), Vitamin B12: 0.6µg (10.05%), Vitamin D: 1.43µg (9.51%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.83mg (8.31%), Vitamin B1: 0.12mg (7.91%), Potassium: 275.57mg (7.87%), Iron: 1.41mg (7.85%), Vitamin K: 7.11µg (6.77%), Vitamin E: 0.98mg (6.56%), Folate: 20.25µg (5.06%), Copper: 0.1mg (5.04%), Vitamin B3: 0.72mg (3.61%), Vitamin C: 1.76mg (2.13%)