



Roquefort, Polenta, and Prosciutto Spoon Bread

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs dry
- 5 large egg whites
- 2 cups milk fat-free
- 0.5 cup polenta dry
- 1.5 ounces pancetta finely chopped
- 2 ounces roquefort cheese blue crumbled

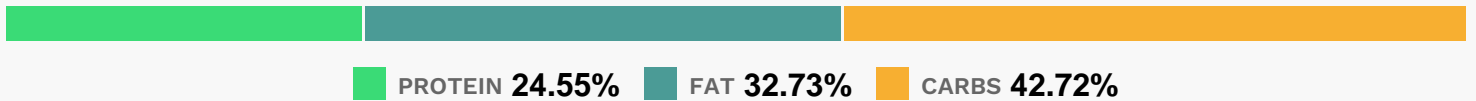
Equipment

- baking sheet
- sauce pan
- oven
- whisk
- blender

Directions

- Preheat oven to 42
- Lightly coat 6 (8-ounce) souffl dishes with cooking spray; sprinkle evenly with breadcrumbs. Set aside.
- Combine milk and polenta in a medium saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Reduce heat; simmer 4 minutes or until thick.
- Remove from heat.
- Add cheese and prosciutto, stirring until cheese melts.
- Beat egg whites with a mixer at high speed until stiff peaks form (do not overbeat). Gently stir one-fourth of egg whites into polenta mixture; gently fold in remaining egg whites. Gently spoon mixture into prepared dishes; arrange dishes on a baking sheet.
- Place spoon breads in oven. Immediately reduce oven temperature to 35
- Bake at 350 for 25 minutes or until spoon breads are set.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:6.4595653045437%

Nutrients (% of daily need)

Calories: 173.42kcal (8.67%), Fat: 6.22g (9.57%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.85g (6.49%), Sugar: 4.68g (5.2%), Cholesterol: 15.63mg (5.21%), Sodium: 330.07mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (20.99%), Selenium: 13.31µg (19.02%), Vitamin B2: 0.31mg (18.37%), Calcium: 181.14mg (18.11%), Phosphorus: 155.85mg (15.59%), Vitamin B12: 0.61µg (10.17%), Vitamin B1:

0.13mg (8.73%), Potassium: 230.81mg (6.59%), Vitamin B5: 0.64mg (6.36%), Vitamin D: 0.93µg (6.18%), Vitamin A: 296.52IU (5.93%), Magnesium: 22.02mg (5.51%), Vitamin B6: 0.1mg (5.21%), Zinc: 0.78mg (5.17%), Vitamin B3: 0.94mg (4.69%), Manganese: 0.06mg (3.22%), Folate: 12.84µg (3.21%), Iron: 0.45mg (2.52%), Copper: 0.04mg (1.78%), Fiber: 0.41g (1.66%)