



Savory Corn Spoon Bread

READY IN



55 min.

SERVINGS



55

CALORIES



29 kcal

Ingredients

- 3 Tbsp butter cut into pieces
- 2 eggs beaten
- 1 cup regular corn frozen thawed
- 1 green onion chopped
- 2 cups milk hot
- 6 oz stove top cornbread stuffing mix
- 2 tsp sugar

Equipment

- oven

knife

Directions

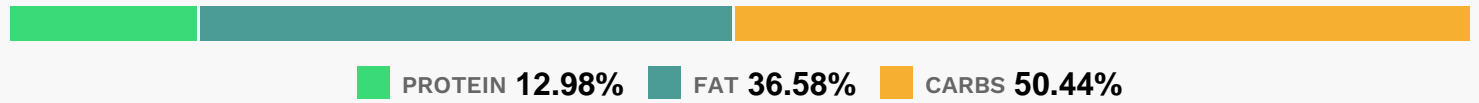
Heat oven to 350F.

Add milk to butter in 1-1/2-qt. casserole; stir until butter is melted.

Stir in remaining ingredients.

Bake 45 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1008695649064%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 28.64kcal (1.43%), Fat: 1.18g (1.82%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.85g (0.94%), Cholesterol: 7.05mg (2.35%), Sodium: 56.48mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Selenium: 2.17µg (3.1%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 19.36mg (1.94%), Vitamin B1: 0.03mg (1.82%), Folate: 7.3µg (1.82%), Calcium: 15.32mg (1.53%), Manganese: 0.02mg (1.21%), Vitamin B3: 0.24mg (1.2%), Vitamin B12: 0.06µg (1.06%), Vitamin A: 52.69IU (1.05%)