



Southern-Style Spoonbread

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 1 cup country ham diced cooked
- 5 eggs
- 3 cups milk
- 1.5 cups cornmeal yellow

Equipment

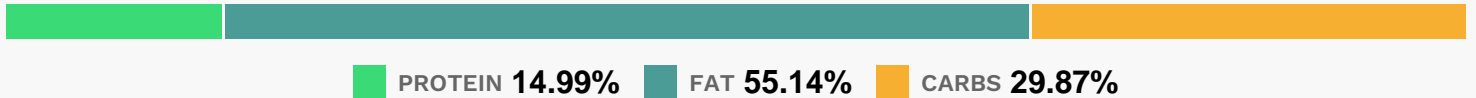
- bowl

- sauce pan
- oven
- hand mixer
- toothpicks
- casserole dish

Directions

- Bring milk to a slow boil in a saucepan; gradually add cornmeal, stirring constantly. Reduce heat to low and cook, stirring constantly, 10 minutes or until thickened.
- Remove from heat; add butter and baking powder and stir until butter is melted.
- Let cool and set aside.
- In a small bowl, use a fork to beat egg yolks until light; stir into cooled cornmeal mixture.
- Add ham and mix until blended; set aside. Beat egg whites at medium speed with an electric mixer until stiff peaks form; fold into cornmeal mixture until well combined.
- Pour into a greased 2-quart casserole dish; bake at 350 for about 40 minutes or until a toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:19.8, Inflammation Score:-6, Nutrition Score:15.377391421277%

Nutrients (% of daily need)

Calories: 471.31kcal (23.57%), Fat: 28.98g (44.59%), Saturated Fat: 14.95g (93.44%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 31.58g (11.48%), Sugar: 6.64g (7.37%), Cholesterol: 206.18mg (68.73%), Sodium: 639.95mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Phosphorus: 368.94mg (36.89%), Selenium: 21.45µg (30.64%), Calcium: 257.5mg (25.75%), Vitamin B2: 0.43mg (25.35%), Vitamin B6: 0.46mg (23.03%), Vitamin B1: 0.34mg (22.89%), Vitamin B12: 1.17µg (19.44%), Zinc: 2.76mg (18.43%), Vitamin A: 868.37IU (17.37%), Magnesium: 66.74mg (16.69%), Fiber: 3.74g (14.96%), Vitamin D: 2.24µg (14.92%), Vitamin B5: 1.38mg (13.81%), Manganese: 0.27mg (13.67%), Potassium: 433.14mg (12.38%), Iron: 2.18mg (12.13%), Vitamin B3: 2.19mg (10.93%), Folate: 32.02µg (8%), Vitamin E: 1.12mg (7.44%), Copper: 0.14mg (7.17%), Vitamin K: 1.88µg (1.79%)