



Southwestern Spoon Bread with Avocado Salsa

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

Ingredients

- 1 cup buttermilk
- 1.5 teaspoons chili powder
- 4 large eggs
- 4 oz chilies diced green canned
- 4 servings avocado salsa
- 2 teaspoons salt
- 1 cup cornmeal yellow

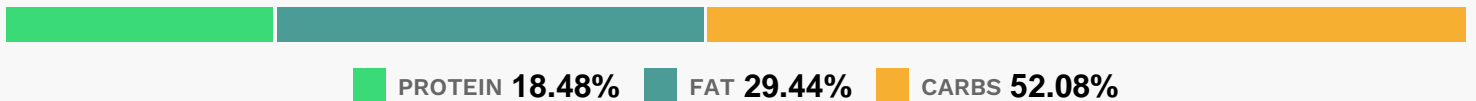
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- skewers

Directions

- In a 2- to 3-quart pan over high heat, bring 2 1/2 cups water and the salt to a boil. Gradually whisk in cornmeal and stir until mixture is thick and smooth, about 1 minute.
- Remove from heat.
- In a bowl, beat eggs and buttermilk just to blend.
- Whisk into cornmeal mixture until completely incorporated. Stir in chilies and chili powder. Scrape mixture into a buttered 8-inch square baking dish.
- Bake in a 400 regular or convection oven until top is browned and a wooden skewer inserted in the center comes out clean, about 35 minutes.
- Let stand 10 minutes. Scoop out portions with a spoon and serve with Avocado Salsa.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:19.13, Inflammation Score:-7, Nutrition Score:16.87565198152%

Nutrients (% of daily need)

Calories: 284.07kcal (14.2%), Fat: 9.37g (14.42%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 32.29g (11.74%), Sugar: 6.51g (7.23%), Cholesterol: 192.6mg (64.2%), Sodium: 1523.1mg (66.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.47%), Vitamin C: 41.35mg (50.12%), Selenium: 20.54µg (29.34%), Vitamin B6: 0.56mg (27.83%), Phosphorus: 264.12mg (26.41%), Vitamin B2: 0.41mg (24.14%), Vitamin A: 1014.86IU (20.3%), Fiber: 5g (19.99%), Manganese: 0.38mg (18.81%), Magnesium: 67mg (16.75%), Zinc: 2.28mg (15.19%), Iron: 2.65mg (14.71%), Vitamin B5: 1.36mg (13.59%), Vitamin B1: 0.2mg (13.4%), Potassium: 466.71mg (13.33%), Vitamin B12: 0.72µg (12.02%), Folate: 48.03µg (12.01%), Vitamin D: 1.78µg (11.87%), Calcium: 115.51mg (11.55%), Copper: 0.21mg (10.65%), Vitamin E: 1.59mg (10.57%), Vitamin B3: 1.87mg (9.36%),

Vitamin K: 6.52µg (6.2%)