



# Spoon Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

## Ingredients

- 0.3 cup breadcrumbs dry for coating soufflé dish
- 3 large eggs separated
- 1 cup cornmeal white stone-ground
- 3 cups milk
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon butter unsalted

## Equipment

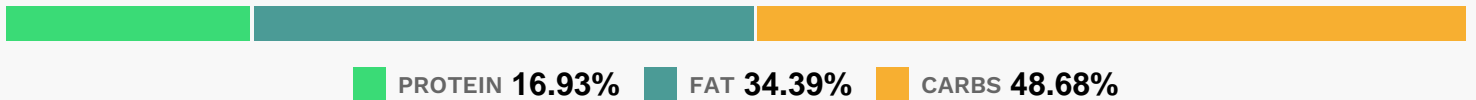
- bowl

- frying pan
- oven
- whisk
- hand mixer
- glass baking pan

## Directions

- Preheat oven to 375°F. Butter a 2-quart soufflé or glass baking dish and coat with bread crumbs, knocking out excess. Chill dish.
- In a large metal bowl set over a pan of simmering water heat milk until very hot and gradually add cornmeal, whisking constantly. Cook mixture, stirring frequently, until thick and smooth, about 5 minutes.
- Remove bowl from pan and stir in butter. Cool mixture and stir in salt, sugar, and egg yolks until combined well.
- In a bowl with an electric mixer beat egg whites until they just hold stiff peaks. Gently fold egg whites into cornmeal mixture until just combined.
- Pour batter into prepared pan and bake in middle of oven until puffed and golden, about 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:16.333478310834%

## Nutrients (% of daily need)

Calories: 386.13kcal (19.31%), Fat: 14.74g (22.68%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 42.42g (15.42%), Sugar: 11.08g (12.31%), Cholesterol: 168.99mg (56.33%), Sodium: 772.03mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Phosphorus: 386.07mg (38.61%), Vitamin B2: 0.52mg (30.35%), Calcium: 268.14mg (26.81%), Selenium: 17.3µg (24.71%), Vitamin B5: 2.3mg (23.01%), Vitamin B12: 1.36µg (22.66%), Vitamin B1: 0.33mg (21.86%), Vitamin B6: 0.42mg (20.91%), Magnesium: 80.1mg (20.03%), Vitamin D: 2.82µg (18.77%), Fiber: 4.54g (18.16%), Manganese: 0.36mg (17.95%), Zinc: 2.66mg (17.71%), Potassium: 520.96mg (14.88%), Iron: 2.6mg (14.46%), Vitamin A: 586.42IU (11.73%), Folate: 40.08µg (10.02%),

Vitamin B3: 1.93mg (9.66%), Copper: 0.14mg (7%), Vitamin E: 0.72mg (4.8%), Vitamin K: 1.66µg (1.58%)