

Spoon Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.8 cup cornmeal yellow stone-ground
- ☐ 0.3 teaspoon hot sauce
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 teaspoon salt

☐ 1 teaspoon sugar

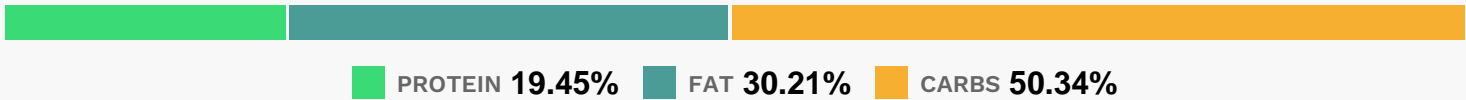
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large saucepan; stir in milk and hot sauce. Cook over medium heat until thick (about 15 minutes), stirring constantly.
- ☐ Place egg yolks in a medium bowl. Spoon 1/2 cup hot cornmeal mixture into egg yolks. Stir egg yolk mixture into remaining cornmeal mixture.
- ☐ Add butter, stirring until butter melts.
- ☐ Place baking powder and egg whites in a medium bowl; beat with a mixer at high speed until stiff peaks form. Fold one-fourth of egg white mixture into cornmeal mixture. Fold remaining egg white mixture into cornmeal mixture. Gently spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until lightly browned and puffy.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:6.9, Inflammation Score:-3, Nutrition Score:5.6134782439989%

Nutrients (% of daily need)

Calories: 123.85kcal (6.19%), Fat: 4.15g (6.38%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 14.13g (5.14%), Sugar: 4.5g (5%), Cholesterol: 53.35mg (17.78%), Sodium: 383.7mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Phosphorus: 133.94mg (13.39%), Calcium: 115.75mg (11.57%), Vitamin B2: 0.19mg (11.46%), Selenium: 7.32µg (10.46%), Vitamin B12: 0.55µg (9.11%), Vitamin B6: 0.15mg (7.41%), Vitamin D: 1.04µg (6.94%), Magnesium: 26.6mg (6.65%), Vitamin B1: 0.09mg (6.33%), Zinc: 0.88mg (5.89%), Fiber: 1.42g (5.67%), Manganese: 0.11mg (5.51%), Potassium: 191.62mg (5.47%), Vitamin B5: 0.51mg (5.08%), Vitamin A: 250.11IU (5%), Iron: 0.61mg (3.38%), Folate: 13.31µg (3.33%), Vitamin B3: 0.47mg (2.34%), Copper: 0.04mg (2.2%), Vitamin E: 0.22mg (1.47%)