

Spoon  
bread.  
of Bernie  
Lomax



WHATSheATE



## Spoonbread of Bernie Lomax



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

## Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups buttermilk
- ☐ 0.1 teaspoon ground pepper
- ☐ 5 large egg whites at room temperature
- ☐ 1.5 tablespoons honey
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 2 large sweet potatoes and into

- ☐ 1.5 tablespoons butter unsalted room temperature
- ☐ 3 cups water boiling
- ☐ 2.3 cups cornmeal yellow

## Equipment

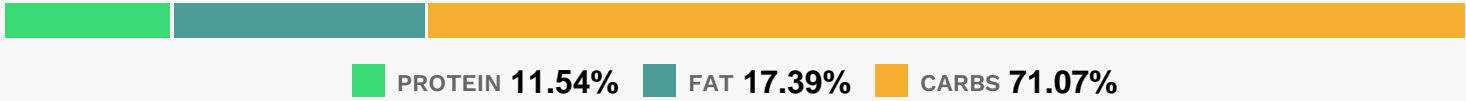
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ wooden spoon
- ☐ stand mixer
- ☐ microwave

## Directions

- ☐ Butter a 2-quart baking dish.
- ☐ Cook sweet potatoes in the microwave on 100 percent power for 12 minutes or bake in center rack of 375°F oven for 1 hour. Once cooked, scoop out of skins and mash. You should have about 1 1/2 cups of mashed sweet potatoes.
- ☐ Adjust oven rack to middle position and preheat oven to 425°F. In a large bowl, whisk together cornmeal, sugar, salt and baking soda.
- ☐ Boil 2 cups of water in a small saucepan over high heat.
- ☐ Add the butter to the water and stir until it melts.
- ☐ Mix hot water-butter mixture into cornmeal, mixture with wooden spoon until thoroughly combined.
- ☐ Add buttermilk, honey, and cayenne to sweet potato mixture.
- ☐ Mix with electric handheld mixer or stand mixer until well combined.
- ☐ Add cornmeal mixture and beat until just combined.

- ☐
- In a clean bowl with clean beaters, beat egg whites until stiff peaks form, about 2 minutes. Gently fold egg whites into potato mixture until homogeneous.
- ☐
- Add the batter to the buttered baking dish and bake for 45 minutes or until a toothpick inserted into center comes out clean.

Nutrition Facts



Properties

Glycemic Index:51.98, Glycemic Load:43.15, Inflammation Score:-10, Nutrition Score:19.371739377146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 434.51kcal (21.73%), Fat: 8.45g (13.01%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 77.73g (25.91%), Net Carbohydrates: 68.71g (24.98%), Sugar: 17.1g (19%), Cholesterol: 14.13mg (4.71%), Sodium: 1034.9mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin A: 16282.4IU (325.65%), Fiber: 9.03g (36.11%), Manganese: 0.69mg (34.34%), Vitamin B6: 0.61mg (30.7%), Magnesium: 102.59mg (25.65%), Phosphorus: 243.72mg (24.37%), Vitamin B2: 0.35mg (20.76%), Potassium: 704.36mg (20.12%), Vitamin B1: 0.3mg (19.79%), Copper: 0.36mg (17.95%), Selenium: 12.09µg (17.27%), Zinc: 2.45mg (16.36%), Vitamin B5: 1.55mg (15.49%), Iron: 2.55mg (14.15%), Calcium: 113.67mg (11.37%), Vitamin B3: 2.2mg (10.99%), Folate: 37.09µg (9.27%), Vitamin D: 0.83µg (5.55%), Vitamin B12: 0.31µg (5.11%), Vitamin E: 0.65mg (4.34%), Vitamin C: 2.78mg (3.37%), Vitamin K: 2.62µg (2.49%)