



Sweet Corn Spoonbread

 Vegetarian  Gluten Free

READY IN



52 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- 1 cup whole-kernel corn frozen thawed
- 2 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 2.5 cups milk fat-free
- 0.8 cup buttermilk 1% low-fat ()
- 0.3 cup maple syrup pure
- 0.8 teaspoon salt
- 1 cup cornmeal yellow

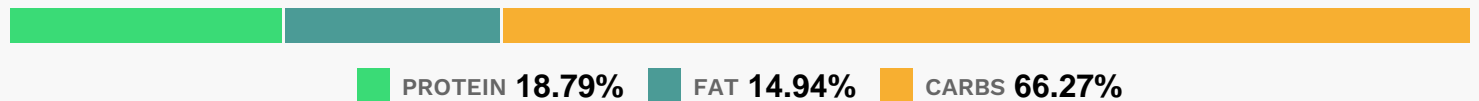
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Bring milk to a simmer in a medium saucepan over medium heat, stirring frequently with a whisk. Gradually whisk in cornmeal and salt. Simmer 3 minutes or until mixture thickens, stirring frequently with a whisk.
- Remove from heat.
- Combine buttermilk and next 3 ingredients; add to cornmeal mixture, stirring until well blended. Stir in corn.
- Coat a 2-quart baking dish with cooking spray.
- Pour batter into dish.
- Bake at 400 for 40 minutes or until puffed and golden, and a wooden pick inserted in center comes out clean.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:12.36, Inflammation Score:-3, Nutrition Score:8.4386956497379%

Nutrients (% of daily need)

Calories: 174.42kcal (8.72%), Fat: 2.92g (4.5%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 26.89g (9.78%), Sugar: 12.3g (13.67%), Cholesterol: 49.7mg (16.57%), Sodium: 357.88mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin B2: 0.39mg (23.11%), Manganese: 0.39mg (19.5%), Phosphorus: 182.08mg (18.21%), Calcium: 147.65mg (14.77%), Selenium: 8.78µg (12.55%), Vitamin

B12: 0.61µg (10.2%), Magnesium: 40.12mg (10.03%), Vitamin B6: 0.2mg (9.93%), Fiber: 2.28g (9.11%), Zinc: 1.36mg (9.04%), Potassium: 306.27mg (8.75%), Vitamin B1: 0.13mg (8.65%), Vitamin B5: 0.73mg (7.34%), Vitamin D: 1.09µg (7.28%), Folate: 23.2µg (5.8%), Iron: 0.9mg (5%), Vitamin A: 243.49IU (4.87%), Vitamin B3: 0.83mg (4.13%), Copper: 0.07mg (3.5%), Vitamin E: 0.23mg (1.56%)