



Sweet Potato Spoonbread

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



253 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 6 tablespoons butter
- 5 large eggs separated
- 1 tablespoon thyme leaves fresh
- 0.5 teaspoon ground pepper black
- 1 pinch ground pepper red
- 2.5 cups milk
- 2 teaspoons sea salt

- 3 medium size sweet potatoes peeled mashed
- 1 cup cornmeal plain yellow

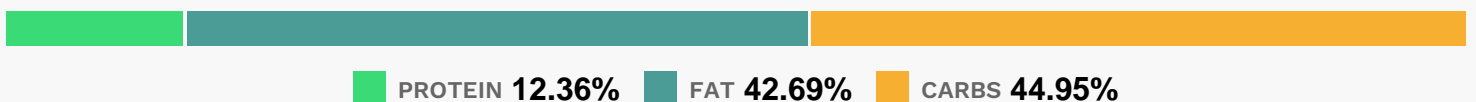
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- baking pan
- hand mixer

Directions

- Preheat oven to 35
- Bring first 5 ingredients to a simmer in a 3-qt. saucepan over medium heat.
- Whisk cornmeal into milk mixture in a slow, steady stream. Cook, whisking constantly, 2 to 3 minutes or until mixture thickens and pulls away from bottom of pan.
- Remove from heat, and stir in butter. Cool 10 minutes.
- Place potatoes in a large bowl; stir in cornmeal mixture. Stir in egg yolks and baking powder, stirring until well blended.
- Beat egg whites at high speed with an electric mixer until soft peaks form; fold into potato mixture. Spoon batter into a well-buttered 3-qt. baking dish.
- Bake at 350 for 40 to 45 minutes or until golden brown and puffy. (Edges will be firm and center will still be slightly soft.) Cool 10 minutes on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:14.98, Inflammation Score:-10, Nutrition Score:13.992608713067%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.36kcal (12.67%), Fat: 12.13g (18.66%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 25.07g (9.12%), Sugar: 6.12g (6.79%), Cholesterol: 118.38mg (39.46%), Sodium: 700.6mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.81%), Vitamin A: 10100.49IU (202.01%), Phosphorus: 199.22mg (19.92%), Calcium: 162.93mg (16.29%), Vitamin B6: 0.32mg (15.92%), Manganese: 0.31mg (15.63%), Vitamin B2: 0.26mg (15.35%), Selenium: 10.29µg (14.7%), Fiber: 3.66g (14.62%), Vitamin B5: 1.26mg (12.61%), Potassium: 413.75mg (11.82%), Magnesium: 45.99mg (11.5%), Vitamin B1: 0.15mg (9.71%), Vitamin B12: 0.57µg (9.44%), Iron: 1.55mg (8.63%), Zinc: 1.29mg (8.61%), Copper: 0.17mg (8.26%), Vitamin D: 1.17µg (7.81%), Folate: 25.21µg (6.3%), Vitamin E: 0.73mg (4.85%), Vitamin B3: 0.87mg (4.36%), Vitamin C: 2.76mg (3.34%), Vitamin K: 2.27µg (2.16%)