



Sweet Potato Spoonbread

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.5 cup flour
- ☐ 2 tablespoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 2 cup milk

- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 2 pound sweet potatoes
- ☐ 2 tablespoon butter unsalted plus more for loaf pan)
- ☐ 1 cup water
- ☐ 0.3 cup corn meal yellow

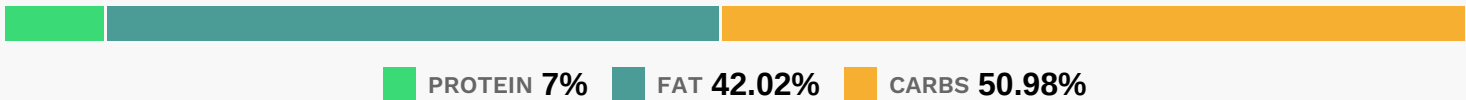
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Heat oven to 400 degrees.
- ☐ Bake sweet potatoes until soft when pierced with a knife, 40 to 45 minutes. When cool enough to handle, slice the sweet potatoes in half and scoop the flesh into a medium bowl to cool completely. Meanwhile, reduce heat to 325 degrees. In a medium saucepan over medium heat combine cornmeal, milk, butter, brown sugar (if using), cinnamon, cayenne, nutmeg, salt, and water. Cook, stirring, until slightly thickened, about 10 minutes.
- ☐ Let cool. Butter a 9-inch-by-5-inch loaf pan. Set aside. Working in batches if necessary, place cornmeal mixture, sweet potatoes, flour, honey, eggs, and cream in a food processor. Process until smooth; pour into the prepared pan.
- ☐ Bake until spoonbread is set and begins to pull away from sides of pan, about 50 minutes.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:33.23, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:10.856086948644%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.15kcal (11.21%), Fat: 10.65g (16.39%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 26.25g (9.54%), Sugar: 10.59g (11.77%), Cholesterol: 32.31mg (10.77%), Sodium: 258.39mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin A: 11158.78IU (223.18%), Manganese: 0.29mg (14.44%), Fiber: 2.83g (11.32%), Vitamin B6: 0.21mg (10.73%), Phosphorus: 102.24mg (10.22%), Potassium: 357.56mg (10.22%), Vitamin B2: 0.17mg (10.05%), Calcium: 91.68mg (9.17%), Vitamin B1: 0.14mg (9.13%), Vitamin B5: 0.86mg (8.58%), Magnesium: 30.56mg (7.64%), Copper: 0.14mg (6.95%), Selenium: 3.87µg (5.53%), Vitamin D: 0.8µg (5.33%), Folate: 20µg (5%), Iron: 0.87mg (4.84%), Vitamin B3: 0.88mg (4.4%), Vitamin B12: 0.26µg (4.25%), Zinc: 0.6mg (3.98%), Vitamin E: 0.49mg (3.23%), Vitamin C: 1.99mg (2.41%), Vitamin K: 2.39µg (2.27%)