



## Sweet Spoonbread Soufflé



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup buttermilk
- ☐ 2 cups corn kernels
- ☐ 5 large eggs separated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

- ☐ 2 cups milk whole
- ☐ 1 cup cornmeal yellow

## Equipment

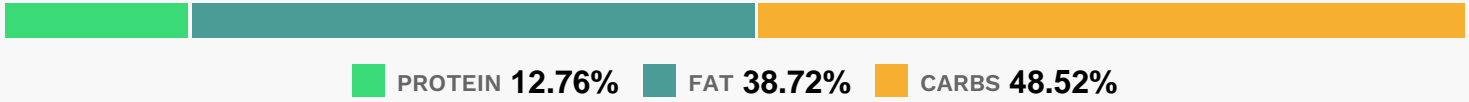
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer

## Directions

- ☐ Preheat the oven to 400°F. Generously butter six to eight 4- to 5-ounce soufflé molds (oven-safe coffee cups work great for this in a pinch).
- ☐ Add a small handful of sugar to one buttered mold and turn to coat the bottom and sides with an even layer of sugar. Tap out the excess sugar into the next mold and coat the mold. Coat the remaining molds, adding more sugar as necessary. Refrigerate the molds until ready to bake.
- ☐ Whisk the cornmeal and buttermilk together in a medium bowl; set aside.
- ☐ Melt the butter in a large sauté pan over medium-high heat.
- ☐ Add the corn kernels and sauté for 4 to 5 minutes, until tender.
- ☐ Add the milk, 2 tablespoons of the sugar, the vanilla, cinnamon, and salt, bring to a simmer, and simmer for 5 minutes.
- ☐ Transfer the corn mixture to a blender and puree on high.
- ☐ Transfer to a bowl and stir in the cornmeal mixture, then let cool to room temperature.
- ☐ Whisk the egg yolks into the cooled corn mixture.
- ☐ In the bowl of a stand mixer fitted with the whisk attachment (or using a handheld mixer), beat the egg whites until they form soft peaks. Gradually add the remaining 1/2 cup sugar and continue to beat until stiff peaks form; this is your meringue. Gently fold the meringue into the corn mixture. Don't worry if it isn't all smoothly combined; a few streaks are okay.

- ☐
- Scoop the batter into the prepared molds, filling them almost all the way to the rim.
- ☐
- Place the molds on a baking sheet and bake for 35 minutes, or until the tops are golden brown and puffed.
- ☐
- Serve immediately, sprinkled with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:35.43, Glycemic Load:25.21, Inflammation Score:-5, Nutrition Score:12.947826069334%

Nutrients (% of daily need)

Calories: 404.99kcal (20.25%), Fat: 17.74g (27.29%), Saturated Fat: 8.78g (54.89%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 46.34g (16.85%), Sugar: 25.59g (28.43%), Cholesterol: 189.23mg (63.08%), Sodium: 252.93mg (11%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 13.15g (26.3%), Phosphorus: 285.8mg (28.58%), Vitamin B2: 0.45mg (26.58%), Selenium: 17.93µg (25.62%), Calcium: 176.76mg (17.68%), Vitamin B12: 1.01µg (16.83%), Vitamin D: 2.39µg (15.92%), Vitamin B6: 0.31mg (15.61%), Fiber: 3.67g (14.69%), Vitamin B5: 1.46mg (14.57%), Manganese: 0.28mg (14.02%), Magnesium: 54.59mg (13.65%), Vitamin A: 681.09IU (13.62%), Zinc: 2.03mg (13.56%), Folate: 51.11µg (12.78%), Vitamin B1: 0.18mg (12.09%), Potassium: 395.27mg (11.29%), Iron: 1.71mg (9.48%), Vitamin B3: 1.36mg (6.81%), Copper: 0.13mg (6.33%), Vitamin E: 0.87mg (5.83%), Vitamin K: 1.25µg (1.19%), Vitamin C: 0.88mg (1.07%)