

# Texas Spoon Bread

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



226 kcal

## Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 tablespoon butter
- 3 eggs separated
- 3 cups milk
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup cornmeal yellow

## Equipment

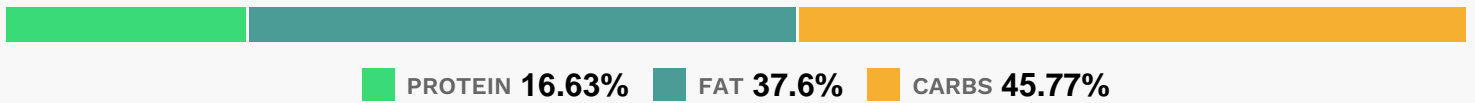
- bowl

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- In a large saucepan, heat milk to 180°; stir in cornmeal. Reduce heat; simmer for 5 minutes, stirring constantly.
- Remove from the heat; stir in the butter, sugar, salt and baking powder.
- In a small bowl, beat egg yolks. Gradually stir a small amount of the hot mixture into yolks; return all to pan and mix well. In a small bowl, beat egg whites until soft peaks form. Fold egg whites into hot mixture until well blended.
- Pour into a greased 8-in. square baking dish.
- Bake at 350° for 40–45 minutes or until well puffed. Use a spoon to serve.

## Nutrition Facts



## Properties

Glycemic Index:53.1, Glycemic Load:14.2, Inflammation Score:-4, Nutrition Score:9.2669565211172%

## Nutrients (% of daily need)

Calories: 225.8kcal (11.29%), Fat: 9.45g (14.54%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 23.39g (8.51%), Sugar: 7.03g (7.81%), Cholesterol: 101.5mg (33.83%), Sodium: 498.92mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.81%), Phosphorus: 230.62mg (23.06%), Calcium: 174.57mg (17.46%), Vitamin B2: 0.29mg (17.32%), Selenium: 10.69µg (15.27%), Vitamin B12: 0.86µg (14.31%), Vitamin B6: 0.27mg (13.41%), Vitamin D: 1.78µg (11.88%), Magnesium: 45.74mg (11.43%), Zinc: 1.61mg (10.72%), Vitamin B1: 0.16mg (10.45%), Fiber: 2.49g (9.97%), Vitamin B5: 0.95mg (9.53%), Manganese: 0.18mg (9.1%), Potassium: 299.38mg (8.55%), Vitamin A: 374.75IU (7.49%), Iron: 1.2mg (6.67%), Folate: 19.42µg (4.86%), Copper: 0.08mg (4.08%), Vitamin B3: 0.8mg (4%), Vitamin E: 0.44mg (2.96%)