



Triple-Corn Spoon Bread

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

Ingredients

- ☐ 15.3 ounce corn kernels undrained canned
- ☐ 8.5 ounce corn muffin mix
- ☐ 1 large eggs
- ☐ 3 tablespoons butter melted
- ☐ 14.8 ounce corn cream-style canned
- ☐ 0.5 cup onion chopped
- ☐ 1 cup cream fat-free sour

Equipment

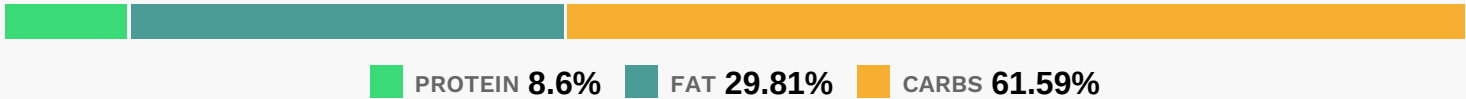
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a large bowl; stir well with a whisk. Stir in onion, corns, and muffin mix.
- ☐ Pour into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until pudding is set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:7.9295652456906%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 9.38g (14.44%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 39.8g (14.47%), Sugar: 10.77g (11.97%), Cholesterol: 26.44mg (8.81%), Sodium: 592.62mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Phosphorus: 242.6mg (24.26%), Folate: 78.54µg (19.63%), Fiber: 3.84g (15.34%), Vitamin B2: 0.23mg (13.77%), Vitamin B1: 0.18mg (12.02%), Vitamin B3: 2.09mg (10.43%), Manganese: 0.21mg (10.33%), Selenium: 5.71µg (8.16%), Vitamin A: 392.69IU (7.85%), Magnesium: 27.92mg (6.98%), Iron: 1.23mg (6.82%), Potassium: 237.93mg (6.8%), Calcium: 63.67mg (6.37%), Vitamin B6: 0.12mg (6.02%), Zinc: 0.86mg (5.75%), Vitamin B5: 0.54mg (5.43%), Vitamin C: 3.79mg (4.59%), Copper: 0.08mg (4.18%), Vitamin B12: 0.17µg (2.9%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.56µg (1.49%)