



WHATSheATE



Vegetable Spoon Bread

READY IN



45 min.

SERVINGS



9

CALORIES



233 kcal

Ingredients

- ☐ 8 ounce regular corn cream-style canned
- ☐ 8.5 ounce corn muffin mix
- ☐ 2 eggs beaten
- ☐ 1 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 cup butter melted
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

Equipment

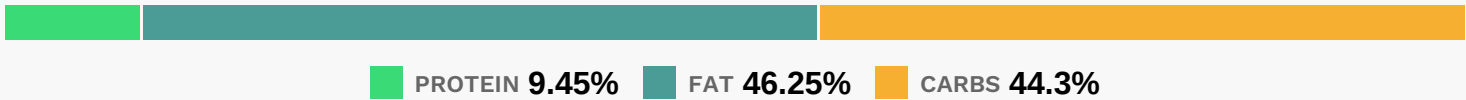
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking dish.
- ☐ In a large bowl, stir together the spinach, eggs, corn, sour cream and margarine until well blended. Stir in the dry cornbread mix.
- ☐ Pour into the prepared pan, and spread evenly.
- ☐ Bake for 35 minutes in the preheated oven, or until firm and slightly browned on the top.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:15.937825892283%

Nutrients (% of daily need)

Calories: 233.27kcal (11.66%), Fat: 12.27g (18.87%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 23.48g (8.54%), Sugar: 6.56g (7.29%), Cholesterol: 45.85mg (15.28%), Sodium: 402.39mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin K: 118.67µg (113.02%), Vitamin A: 4105.24IU (82.1%), Folate: 88.88µg (22.22%), Phosphorus: 198.17mg (19.82%), Manganese: 0.33mg (16.3%), Vitamin B2: 0.23mg (13.79%), Fiber: 2.96g (11.82%), Vitamin B1: 0.16mg (10.98%), Selenium: 7.28µg (10.41%), Calcium: 100.05mg (10.01%), Magnesium: 38.25mg (9.56%), Vitamin E: 1.35mg (8.99%), Iron: 1.55mg (8.61%), Potassium: 243.33mg (6.95%), Vitamin B3: 1.32mg (6.62%), Vitamin B6: 0.13mg (6.33%), Zinc: 0.72mg (4.78%), Copper: 0.09mg (4.62%), Vitamin B12: 0.22µg (3.75%), Vitamin C: 3.04mg (3.68%), Vitamin B5: 0.36mg (3.59%), Vitamin D: 0.25µg (1.64%)