



Watts Grocery Spoon Bread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



357 kcal

BREAD

Ingredients

- 2 teaspoons baking soda
- 1 tablespoon butter softened
- 2 tablespoons butter
- 1 cup buttermilk
- 4 large eggs
- 0.8 cup flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 0.1 tsp ground pepper red

- 2 teaspoons salt
- 2 tablespoons sugar
- 1 cup whipping cream
- 1.3 cups cornmeal plain white
- 2 tablespoons cornmeal plain white

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 37
- Grease a 2 1/2-qt. souffl dish with 1 Tbsp. butter. Dust with 2 Tbsp. cornmeal. (Tap dish lightly to remove excess cornmeal.)
- Combine 1 1/4 cups cornmeal and next 3 ingredients in a large bowl; make a well in center of mixture.
- Bring 3 cups water to a boil in a saucepan over medium-high heat.
- Remove from heat, and whisk into cornmeal mixture, whisking until smooth.
- Add 2 Tbsp. butter, whisking until butter is melted. Cool 5 minutes.
- Whisk together eggs and next 5 ingredients; whisk into cornmeal mixture.
- Pour cornmeal mixture into prepared baking dish.
- Bake at 375 for 45 to 50 minutes or until golden brown and center is almost set.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.14, Glycemic Load:9.03, Inflammation Score:-7, Nutrition Score:10.109130377355%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 356.52kcal (17.83%), Fat: 19.88g (30.58%), Saturated Fat: 11.15g (69.67%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 32.39g (11.78%), Sugar: 5.86g (6.51%), Cholesterol: 141.21mg (47.07%), Sodium: 965.15mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.47%), Selenium: 13.73µg (19.61%), Vitamin B2: 0.32mg (18.88%), Phosphorus: 183.08mg (18.31%), Vitamin A: 776.6IU (15.53%), Vitamin B1: 0.21mg (13.82%), Manganese: 0.27mg (13.58%), Vitamin B5: 1.31mg (13.12%), Fiber: 3.2g (12.81%), Iron: 2.11mg (11.72%), Vitamin B6: 0.23mg (11.5%), Magnesium: 45.4mg (11.35%), Folate: 44.94µg (11.23%), Zinc: 1.49mg (9.92%), Vitamin D: 1.37µg (9.11%), Vitamin B3: 1.53mg (7.66%), Calcium: 75.6mg (7.56%), Vitamin B12: 0.42µg (6.95%), Potassium: 240.46mg (6.87%), Copper: 0.11mg (5.38%), Vitamin E: 0.8mg (5.3%), Vitamin K: 1.65µg (1.57%)