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Spoon Bread ♦

Spoon bread is a traditional American cornmeal dish that is similar to a souffle or pudding. It is made with cornmeal, milk, eggs, and butter, and has a light and fluffy texture. Spoon bread is typically served as a side dish or as a breakfast dish with butter and syrup.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 63 g

Ingredients

250 g	Cornmeal
500 ml	milk
2 units	Eggs
30 g	butter
5 g	Salt

15 g Sugar

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C). Grease a baking dish with butter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a saucepan, bring the milk to a boil. Slowly whisk in the cornmeal, salt, and sugar. Cook over medium heat, stirring constantly, until thickened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Mixing

Remove the saucepan from the heat and let cool slightly. Beat in the eggs and butter until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Pour the mixture into the greased baking dish. Bake for 30-35 minutes, or until golden brown and set.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Serving

Serve the spoon bread warm with butter and syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter

Spring

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Easy

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