

Buttermilk Spoonbread

*Nancy Vienneau - Nashville, TN
Relish Magazine - September, 2013*

Servings: 4

*1 1/2 cups buttermilk
1/2 cup stone-ground yellow or white
cornmeal
2 tablespoons butter
3/4 teaspoon salt
3 eggs, separated
3 green onions, thinly sliced*

Preheat the oven to 375 degrees.

Butter the sides and bottom of a four-cup souffle' or casserole dish.

Warm the buttermilk in a saucepan over medium heat. Stir in the cornmeal. Cook, stirring often, until the mixture is thick and smooth, about 3 minutes. Stir in the butter and salt and remove from the heat. Let cool.

Whisk the egg yolks into the cornmeal mixture. Add the green onions; stir well.

Beat the egg whites until soft peaks form. Add to the cornmeal mixture, a little at a time, folding gently to avoid deflating.

Scrape the mixture into the prepared pan. Bake for 25 to 30 minutes, until puffed, golden brown and set.

Serve immediately by spooning portions onto individual plates.

Per Serving (excluding unknown items): 147 Calories; 10g Fat (63.1% calories from fat); 8g Protein; 6g Carbohydrate; trace Dietary Fiber; 178mg Cholesterol; 609mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

% Calories from Fat:	63.1%
% Calories from Carbohydrates:	15.0%
% Calories from Protein:	21.8%
Total Fat (g):	10g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	178mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	8g
Sodium (mg):	609mg
Potassium (mg):	222mg
Calcium (mg):	139mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	473IU
Vitamin A (r.e.):	118RE

Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	30mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 147 Calories from Fat: 93

% Daily Values*

Total Fat 10g	16%
Saturated Fat 5g	26%
Cholesterol 178mg	59%
Sodium 609mg	25%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 8g	
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Vitamin A	9%
Vitamin C	5%
Calcium	14%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.