

Gluten Free Southern Spoon Bread

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spoon-bread-recipe>

Ingredients:

- 1 1/2 cups water
- 2 cups whole milk organic
- 1 1/2 cups gluten-free cornmeal
- 5 eggs organic, separated
- 1 teaspoon salt
- 2 tablespoons organic butter melted
- 1 tablespoon gluten free baking powder

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 145 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 590 milligrams
9. Sugar: 4 grams

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