

Corn Spoon Bread

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 1 tablespoon butter
- 1 cup cornmeal plus more for dusting
- 2 cups milk
- 1 cup heavy cream
- 2 tablespoons sugar
- 1 tablespoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 cup corn grated
- 1 cup corn kernels
- 1/2 cup cheddar cheese grated
- 1/2 cup sour cream
- 1/2 cup scallions thinly sliced
- 3 eggs separated

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 310 milligrams
4. Fat: 49 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 28 grams
8. Sodium: 2540 milligrams
9. Sugar: 20 grams

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