

Spoon Bread

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 cup corn meal Self-Rising
- 3 eggs separated
- 2 cups milk
- 1 tablespoon shortening
- 1 tablespoon sugar
- 1 cup water

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 170 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 150 milligrams
9. Sugar: 12 grams

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