

# Buttermilk Spoon Bread

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 5 tablespoons unsalted butter divided
- 1 1/2 cups whole milk
- 1 1/2 cups whole buttermilk
- 1 cup white cornmeal finely ground
- 1 tablespoon honey
- 1 1/4 teaspoons kosher salt
- 3 large eggs separated
- turbinado sugar unchecked?, for the top; optional

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 215 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 13 grams
8. Sodium: 920 milligrams
9. Sugar: 15 grams

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