

# Southern Spoonbread

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-spoonbread-recipe>

## Ingredients:

- 4 eggs separated
- 1 cup cornmeal
- 3 cups whole milk I used 2%
- 1 teaspoon salt
- 1 pinch sugar a big pinch
- 2 tablespoons unsalted butter

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 245 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 9 grams
8. Sodium: 740 milligrams
9. Sugar: 10 grams

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