

Egg Bread (Cornbread)

Gourmet Eating in South Carolina - (1985)

*2 cups water ground corn meal
4 teaspoons baking powder
1 teaspoon salt
4 tablespoons bacon drippings
1 cup milk (or more, if needed)
2 eggs*

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Preheat the oven to 450 degrees.

Place the bacon drippings in a heavy iron skillet. Place in the oven and allow to get very hot.

In a bowl, mix together the corn meal, baking powder and salt.

In a bowl, beat the eggs in the milk. Add to the corn meal mixture. Mix well. (The batter should be firm and not runny (add more milk if needed).

Pour the hot grease into the batter. Stir well. Pour the batter into the hot skillet. Return the skillet to the oven and bake until brown and crusty.

Per Serving (excluding unknown items): 631 Calories; 62g Fat (88.8% calories from fat); 13g Protein; 5g Carbohydrate; 0g Dietary Fiber; 478mg Cholesterol; 4508mg Sodium. Exchanges: 1 1/2 Lean Meat; 11 1/2 Fat; 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	631	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.8%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	62g	Folacin (mcg):	48mcg
Saturated Fat (g):	27g	Niacin (mg):	trace
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	478mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	13g
Sodium (mg):	4508mg
Potassium (mg):	138mg
Calcium (mg):	1147mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	488IU
Vitamin A (r.e.):	140RE

% Daily Values*

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	11 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories 631 **Calories from Fat:** 560

% Daily Values*

Total Fat 62g	96%
Saturated Fat 27g	135%
Cholesterol 478mg	159%
Sodium 4508mg	188%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Protein 13g	
Vitamin A	10%
Vitamin C	0%
Calcium	115%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet.