

German Cornbread

Camille Barrett - Jensen Beach, FL
Treasure Coast Newspapers

1 1/2 cups self-rising cornmeal
2 eggs
1/2 cup vegetable oil
1 can (8 ounce) creamed corn
1 cup sour cream
2 teaspoons sugar
1 large onion, finely chopped

Preheat the oven to 375 degrees.

In a large bowl, mix all of the ingredients.

Grease a heavy, cast-iron skillet and sprinkle with cornmeal. Heat the skillet, then pour in the mixture.

Bake in the oven for 30 to 35 minutes or until golden brown. Test with a toothpick; if it comes out clean, it's done.

Per Serving (excluding unknown items): 2382 Calories; 174g Fat (64.2% calories from fat); 38g Protein; 180g Carbohydrate; 16g Dietary Fiber; 526mg Cholesterol; 2913mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 33 1/2 Fat; 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2382	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	64.2%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	29.5%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	174g	Folacin (mcg):	493mcg
Saturated Fat (g):	47g	Niacin (mg):	11mg
Monounsaturated Fat (g):	84g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	29g	Alcohol (kcal):	0
Cholesterol (mg):	526mg	% Daily Value*	n n%
Carbohydrate (g):	180g	Food Exchanges	
Dietary Fiber (g):	16g	Grain (Starch):	10
Protein (g):	38g	Lean Meat:	1 1/2

Sodium (mg): 2913mg
Potassium (mg): 1276mg
Calcium (mg): 1006mg
Iron (mg): 13mg
Zinc (mg): 6mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 2305IU
Vitamin A (r.e.): 685RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 33 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2382 **Calories from Fat:** 1528

% Daily Values*

Total Fat 174g	268%
Saturated Fat 47g	233%
Cholesterol 526mg	175%
Sodium 2913mg	121%
Total Carbohydrates 180g	60%
Dietary Fiber 16g	63%
Protein 38g	
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Vitamin A	46%
Vitamin C	25%
Calcium	101%
Iron	73%

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