

# Mexican Cornbread I

Mrs. Manch Cadwallader

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Yield: 9 three-inch squares

1/2 can (4 ounce) diced green chilies  
1 packet (6-1/2 ounce) Mexican cornbread mix  
3/4 cup milk  
1 egg, slightly beaten  
1 can (8-1/2 ounce) yellow cream-style corn  
1/2 cup green onion, chopped  
1 tablespoon bell pepper, chopped  
1 cup sharp Cheddar cheese, grated  
2 tablespoons bacon drippings

Preheat the oven to 400 degrees.

Rinse the chilies under cool running water. Dry between paper towels. Set aside.

Place the cornbread mix in a bowl. Pour in the milk and slightly beaten egg. Add the corn, onion, bell pepper, green chilies and cheese.

Place the bacon drippings in a nine-inch square pan. Heat in the oven. Stir one-half of the heated grease into the cornbread mixture. Pour the batter into the remaining hot grease in the pan.

Bake for 30 minutes.

Let the bread remain in the pan for a few minutes before cutting.

*If you like hot, spicy food, use the entire can of green chilies.*

*It is not necessary to butter this cornbread.*

*May be kept refrigerated and reheated.*

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Per Serving (excluding unknown items): 898 Calories; 75g Fat (75.1% calories from fat); 41g Protein; 14g Carbohydrate; 1g Dietary Fiber; 383mg Cholesterol; 1014mg Sodium. Exchanges: 5 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 11 1/2 Fat.

## Miscellaneous

### Per Serving Nutritional Analysis

Calories (kcal):	898	Vitamin B6 (mg):	.2mg
% Calories from Fat:	75.1%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	6.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.5%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	75g	Folacin (mcg):	87mcg

**Saturated Fat (g):** 41g  
**Monounsaturated Fat (g):** 25g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 383mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 41g  
**Sodium (mg):** 1014mg  
**Potassium (mg):** 605mg  
**Calcium (mg):** 1098mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 19mg  
**Vitamin A (i.u.):** 1919IU  
**Vitamin A (r.e.):** 524 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 5  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 11 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 898                      **Calories from Fat:** 674

### % Daily Values\*

<b>Total Fat</b> 75g	115%
Saturated Fat 41g	206%
<b>Cholesterol</b> 383mg	128%
<b>Sodium</b> 1014mg	42%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 1g	6%
<b>Protein</b> 41g	
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<b>Vitamin A</b>	38%
<b>Vitamin C</b>	32%
<b>Calcium</b>	110%
<b>Iron</b>	14%

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