

# Mexican Cornbread II

Mrs. Fred A. Blanche Jr

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

1 cup sour cream  
2 eggs, beaten  
1 cup cream-style corn  
1/3 cup Wesson oil  
1 1/2 cups white cornmeal  
3 teaspoons baking powder  
1 teaspoon salt (or a bit more)  
2 tablespoons bell pepper, chopped  
2 jalapeno peppers, chopped  
1 cup sharp cheese, grated

Preheat the oven to 375 degrees.

In a bowl, mix the sour cream, eggs, corn, oil, cornmeal, baking powder, salt, bell pepper and jalapenos.

Pour half of the batter into a two-quart baking dish. Pour half of the cheese on top of the batter. Pour the remaining batter and then the remaining cheese into the dish.

Bake for 30 minutes.

*If you wish to use this cornbread as hors d'oeuvres, place in a larger pan to make thinner bread and shorten baking time.*

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Per Serving (excluding unknown items): 1419 Calories; 62g Fat (39.2% calories from fat); 38g Protein; 178g Carbohydrate; 16g Dietary Fiber; 526mg Cholesterol; 1732mg Sodium. Exchanges: 11 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 11 Fat; 0 Other Carbohydrates.

Miscellaneous

## Per Serving Nutritional Analysis

Calories (kcal):	1419
% Calories from Fat:	39.2%
% Calories from Carbohydrates:	50.1%
% Calories from Protein:	10.7%
Total Fat (g):	62g
Saturated Fat (g):	34g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	526mg
Carbohydrate (g):	178g
Dietary Fiber (g):	16g
	38g

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	1.7mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	189mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	11
	1 1/2

**Protein (g):**  
**Sodium (mg):** 1732mg  
**Potassium (mg):** 896mg  
**Calcium (mg):** 1145mg  
**Iron (mg):** 12mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 31mg  
**Vitamin A (i.u.):** 2483IU  
**Vitamin A (r.e.):** 703RE

**Lean Meat:**  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 11  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1419                      **Calories from Fat:** 556

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### % Daily Values\*

<b>Total Fat</b> 62g	95%
Saturated Fat 34g	168%
<b>Cholesterol</b> 526mg	175%
<b>Sodium</b> 1732mg	72%
<b>Total Carbohydrates</b> 178g	59%
Dietary Fiber 16g	66%
<b>Protein</b> 38g	
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<b>Vitamin A</b>	50%
<b>Vitamin C</b>	52%
<b>Calcium</b>	115%
<b>Iron</b>	68%

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