

Old Fashioned Southern Cornbread

Mrs. A. B. Cross Jr

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

1 cup white cornmeal
1/2 cup flour
1 1/2 teaspoons salt
1 teaspoon sugar
1/2 cup milk
1/2 cup boiling water
3 tablespoons corn oil
1 egg
1 1/2 teaspoons baking powder

Preheat the oven to 425 degrees.

In a mixing bowl, combine the cornmeal, flour, salt, sugar and corn oil. Use a cutting motion with a spoon so that the oil will be well blended with the other ingredients.

Stir in the boiling water. Mix well. Add the cold milk. Stir and let stand, if necessary, until the batter has cooled to at least room temperature.

Mix in the egg and then the baking powder. Beat briskly. Pour into a preheated nine-inch square greased pan.

Bake until well-browned (approximately 20 minutes).

Per Serving (excluding unknown items): 1263 Calories; 53g Fat (37.8% calories from fat); 28g Protein; 167g Carbohydrate; 12g Dietary Fiber; 229mg Cholesterol; 4068mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 9 1/2 Fat; 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	1263	Vitamin B6 (mg):	.5mg
% Calories from Fat:	37.8%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	53.1%	Thiamin B1 (mg):	1.6mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	53g	Folacin (mcg):	113mcg
Saturated Fat (g):	10g	Niacin (mg):	11mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 26g
Cholesterol (mg): 229mg
Carbohydrate (g): 167g
Dietary Fiber (g): 12g
Protein (g): 28g
Sodium (mg): 4068mg
Potassium (mg): 544mg
Calcium (mg): 617mg
Iron (mg): 10mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 398IU
Vitamin A (r.e.): 116 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 10 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 9 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1263 **Calories from Fat:** 478

% Daily Values*

Total Fat 53g	81%
Saturated Fat 10g	48%
Cholesterol 229mg	76%
Sodium 4068mg	169%
Total Carbohydrates 167g	56%
Dietary Fiber 12g	48%
Protein 28g	
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Vitamin A	8%
Vitamin C	2%
Calcium	62%
Iron	57%

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