

Corn and Tomatoes

Dana Bartlett

Gourmet Eating in South Carolina - (1985)

2 large cans tomatoes
1 large can niblet corn (can also use frozen)
1 teaspoon sugar
3 - 4 slices bread
pinch oregano

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In a bowl, mash the tomatoes.

Place the corn in a saucepan. Heat thoroughly. Reduce heat and simmer.

Place the tomatoes in a saucepan.

Tear the bread into chunks. Add the bread, sugar and oregano to the tomatoes. Simmer gently for about 30 minutes.

Drain the corn. Place the corn in a serving bowl or individual serving dishes. Spoon the tomato mixture over the corn.

Per Serving (excluding unknown items): 869 Calories; 12g Fat (12.0% calories from fat); 27g Protein; 164g Carbohydrate; 10g Dietary Fiber; 3mg Cholesterol; 1636mg Sodium. Exchanges: 9 1/2 Grain(Starch); 2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	869
% Calories from Fat:	12.0%
% Calories from Carbohydrates:	75.7%
% Calories from Protein:	12.3%
Total Fat (g):	12g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	3mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	139mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	164g
Dietary Fiber (g):	10g
Protein (g):	27g
Sodium (mg):	1636mg
Potassium (mg):	903mg
Calcium (mg):	336mg
Iron (mg):	10mg
Zinc (mg):	2mg
Vitamin C (mg):	47mg
Vitamin A (i.u.):	1533IU
Vitamin A (r.e.):	152 1/2RE

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	869	Calories from Fat: 105
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% Daily Values*

Total Fat	12g	18%
Saturated Fat	3g	13%
Cholesterol	3mg	1%
Sodium	1636mg	68%
Total Carbohydrates	164g	55%
Dietary Fiber	10g	38%
Protein	27g	
Vitamin A		31%
Vitamin C		78%
Calcium		34%
Iron		56%

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