

Corn Pudding II

Betty Hansen

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 box Jiffy corn bread mix
1 egg
1 cup sour cream
1 can creamed corn
1 stick butter, melted

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients.

Pour into a casserole dish.

Bake for one hour until golden.

To double the recipe, Double all of the ingredients but use one can of cream corn and one can of regular corn.

Per Serving (excluding unknown items): 1472 Calories; 146g Fat (86.7% calories from fat); 17g Protein; 33g Carbohydrate; 2g Dietary Fiber; 562mg Cholesterol; 1494mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 28 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1472
% Calories from Fat:	86.7%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	4.4%
Total Fat (g):	146g
Saturated Fat (g):	89g
Monounsaturated Fat (g):	43g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	562mg
Carbohydrate (g):	33g
Dietary Fiber (g):	2g
Protein (g):	17g
Sodium (mg):	1494mg
Potassium (mg):	599mg
Calcium (mg):	325mg
Iron (mg):	2mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	109mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	28 1/2

Zinc (mg): 2mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 5529IU
Vitamin A (r.e.): 1473 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1472	Calories from Fat: 1276
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% Daily Values*

Total Fat	146g	224%
Saturated Fat	89g	444%
Cholesterol	562mg	187%
Sodium	1494mg	62%
Total Carbohydrates	33g	11%
Dietary Fiber	2g	6%
Protein	17g	

Vitamin A	111%
Vitamin C	13%
Calcium	32%
Iron	10%

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