

Corn Pudding III

Mrs. James Sylvest

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

Servings: 6

4 tablespoons bacon drippings
1 large onion, chopped
1/4 bell pepper, chopped
1 can (16 ounce) cream-style corn
2/3 cup yellow corn meal
1 can milk, measure in the corn can
1 egg
1 teaspoon salt
tabasco sauce
1/4 teaspoon monosodium glutamate (optional)
1 teaspoon sugar (optional)
1 teaspoon Worcestershire sauce (optional)
1 can French fried onion rings (for garnish) (optional)
paprika (for garnish) (optional)

Preheat the oven to 300 degrees.

In a saucepan, saute' the onions and pepper in the bacon drippings. Add the corn and cornmeal.

Stir in the milk and egg that have been beaten together. Bring to a boil, stirring constantly.

Add the salt and pepper plus the monosodium glutamate, sugar and Worcestershire sauce, if desired.

Pour the mixture into a greased two-quart casserole.

Bake, uncovered, for 50 minutes.

Cover with French fried onion rings or paprika just before serving.

Per Serving (excluding unknown items): 125 Calories; 11g Fat (79.2% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 435mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	125	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	12.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 11g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 50mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 435mg
Potassium (mg): 110mg
Calcium (mg): 59mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 123IU
Vitamin A (r.e.): 30RE

Folacin (mcg): 11mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 125 Calories from Fat: 99

% Daily Values*

Total Fat	11g	17%
Saturated Fat	5g	25%
Cholesterol	50mg	17%
Sodium	435mg	18%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	2%
Protein	3g	
Vitamin A		2%
Vitamin C		10%
Calcium		6%
Iron		1%

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