

Cheese Batter Bread

Mrs. G. Ross Murrell Jr

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

Servings: 6

1 cup corn meal
1 1/2 teaspoons salt
1/2 teaspoon dry mustard
3 cups scalded milk
1 cup sharp cheese, grated
3 eggs, beaten

Preheat the oven to 350 degrees.

In a bowl, mix the corn meal, salt and mustard.

Add the milk. Cook and stir until thick. Remove from the heat.

Blend in the cheese. Let cool.

Add the meal mixture to the beaten eggs.

Pour the mixture into a loaf pan.

Bake for 40 minutes.

Per Serving (excluding unknown items): 38 Calories; 3g Fat (62.5% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 568mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	38	Vitamin B6 (mg):	trace
% Calories from Fat:	62.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	35.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	12mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	106mg	% Refuse:	n n%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	568mg
Potassium (mg):	35mg
Calcium (mg):	17mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	122IU
Vitamin A (r.e.):	35RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 38 Calories from Fat: 23

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 106mg	35%
Sodium 568mg	24%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 3g	
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Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	3%

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