

Corn Spoonbread

"Fruits of the Spirit" (2001) - Stacy Spaulding
 Grapevine United Methodist Church - Port St. Lucie, FL

Servings: 12

- 1 package (8-1/2 ounce) corn muffin mix
- 1 can (8-1/2 ounce) cream style corn
- 1 can (8-1/2 ounce) whole kernel corn, frozen, drained
- 1 carton (8 ounce) sour cream
- 1/2 cup butter, melted
- 2 large eggs, lightly beaten

Preheat the oven to 350 degrees.

In a bowl, stir together the corn muffin mix, cream style corn, whole kernel corn, sour cream, butter and eggs. Pour into a greased loaf pan.

Bake for 35 to 40 minutes until golden. (The loaf will be very moist.)

Serve as a vegetable.

Per Serving (excluding unknown items): 173 Calories; 14g Fat (70.3% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 205mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	173
% Calories from Fat:	70.3%
% Calories from Carbohydrates:	23.3%
% Calories from Protein:	6.4%
Total Fat (g):	14g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	65mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	205mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 81mg
Calcium (mg): 35mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 492IU
Vitamin A (r.e.): 130RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 173 **Calories from Fat:** 121

% Daily Values*

Total Fat	14g	21%
Saturated Fat	8g	39%
Cholesterol	65mg	22%
Sodium	205mg	9%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Protein	3g	

Vitamin A	10%
Vitamin C	2%
Calcium	3%
Iron	3%

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