

Mom's Mexican Cornbread

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mom-s-old-recipe-mexican-restaurant-menu>

Ingredients:

- 1/2 pound ground beef
- 3 tablespoons vegetable oil
- 1 cup self-rising cornmeal
- 1 cup buttermilk
- 14 3/4 ounces cream style corn
- 2 eggs well beaten
- 1 onion large, chopped
- 4 ounces jalapenos sliced, drained, optional
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 180 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 1070 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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