

Fried Cornmeal Mush

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/american-indian-cornmeal-mush-recipe-using-pork>

Ingredients:

- 3 1/2 cups water
- 1 1/2 cups cornmeal I have used yellow and white
- 1 teaspoon salt
- 1/2 cup flour
- 4 tablespoons butter or margarine
- maple syrup honey, sorghum or syrup of your choice

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 8 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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