

Southern Hoe Cake

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-hoe-cake-recipe>

Ingredients:

- 2 cups self rising flour
- 1 cup milk
- 1/2 cup vegetable shortening

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams
8. Sodium: 840 milligrams
9. Sugar: 4 grams
10. TransFat: 3.5 grams

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