

Cornmeal Crunch

Yield: 16 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-cornmeal-recipe>

Ingredients:

- 1 1/2 cups cornmeal medium grind
- fine grain sea salt
- 4 cups yellow onion chopped, about 3 medium
- 1/4 cup olive oil
- 1/2 cup Parmesan cheese freshly grated
- 3 cups water or vegetable broth

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 105 milligrams
9. Sugar: 2 grams

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