

# Jamaican Festival

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 1/2 cups self rising flour
- 1/2 teaspoon salt
- 1/4 cup milk and 1/4 cup water together
- 1 1/2 cups vegetable oil
- 1 1/2 teaspoons baking powder
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1/4 cup cornmeal fine, Goya is my brand of choice

## Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 49 grams
3. Fat: 83 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 6 grams
7. Sodium: 1100 milligrams
8. Sugar: 7 grams
9. TransFat: 2.5 grams

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