

Fried Mush and Amish Country Trip

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-corn-mush-recipe>

Ingredients:

- 3/4 cup cornmeal
- 3/4 cup cold water
- 2 1/2 cups boiling water
- 3/4 teaspoon salt
- flour
- butter oil
- mush

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams
8. Sodium: 450 milligrams

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