

Mielie pap topped with Tomato relish and melted cheese

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-mielie-pap-recipe>

Ingredients:

- 2 cups water
- 1/2 teaspoon salt
- 1 cup maize meal
- 1 tablespoon butter
- 1 sweetcorn x tin
- 1 crushed garlic x tsp
- 400 grams tomato and onion mix
- 200 grams cheddar cheese grated

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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