

Southern Fried Squash

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-zucchini-and-squash-recipe>

Ingredients:

- vegetable oil for frying
- 5 zucchini squash or medium yellow, sliced 1/4 inch thick
- 1 cup self rising flour
- 1 cup cornmeal
- garlic powder to taste
- Creole seasoning to taste, optional
- salt
- pepper
- 2 eggs beaten
- 1 cup buttermilk
- 1 tablespoon hot sauce optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 2 grams
8. Sodium: 800 milligrams
9. Sugar: 11 grams

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