

# Southern Fried Yellow Squash

Yield: 4 min  
Total Time: 13 min

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

## Ingredients:

- 2 cups vegetable oil This varies with pan size
- 6 yellow squash small, straight or crookneck
- 1/3 cup cornmeal I prefer yellow
- 3/4 teaspoon salt
- 2 tablespoons all-purpose flour optional Optional: Many people like to add flour

## Nutrition:

1. Calories: 1100 calories
2. Carbohydrate: 27 grams
3. Fat: 109 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 8 grams
7. Sodium: 450 milligrams
8. Sugar: 11 grams
9. TransFat: 3.5 grams

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