

Southern Johnny Cakes (Hoe Cakes)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-johnny-cakes-recipe>

Ingredients:

- 1 cup flour
- 1 cup cornmeal
- 2 eggs
- 2 1/2 teaspoons baking powder
- 2 tablespoons sugar
- 1 teaspoon salt
- 3/4 cup milk
- 1/2 cup water
- 1/3 cup melted butter
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg
- butter or oil for frying

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 165 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 15 grams
8. Sodium: 1150 milligrams
9. Sugar: 10 grams

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