



Buttered Hominy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients



2 tablespoons butter



2 teaspoons cumin seed



58 oz golden white drained canned



12 servings salt and pepper

Equipment



bowl

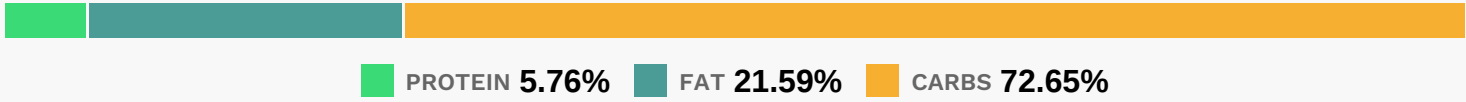


frying pan

Directions

- ☐ In a 12- to 14-inch frying pan over high heat, stir butter with cumin seed until butter melts.
- ☐ Add hominy. Stir hominy often until hot, about 5 minutes. Season to taste with salt and pepper.
- ☐ Pour into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:7.94, Inflammation Score:-6, Nutrition Score:11.051739166936%

Flavonoids

Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 97.5kcal (4.87%), Fat: 2.56g (3.93%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 15.21g (5.53%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 223.2mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin C: 102.39mg (124.1%), Vitamin K: 55.24µg (52.61%), Fiber: 4.15g (16.58%), Vitamin E: 1.86mg (12.43%), Copper: 0.19mg (9.33%), Folate: 35.68µg (8.92%), Potassium: 278.28mg (7.95%), Manganese: 0.15mg (7.29%), Magnesium: 23.22mg (5.8%), Calcium: 51.88mg (5.19%), Phosphorus: 48.79mg (4.88%), Vitamin B6: 0.09mg (4.26%), Vitamin A: 206.91IU (4.14%), Iron: 0.55mg (3.07%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin B5: 0.25mg (2.53%), Vitamin B2: 0.04mg (2.13%), Zinc: 0.21mg (1.39%)