



## Corn Porridge

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



571 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 30 ounce hominy corn white drained canned
- 3 inch ginger cut in 1/2
- 1 pinch ground nutmeg
- 4 servings kosher salt and pepper black freshly ground
- 1 cup chicken stock see low-sodium
- 4 servings olive oil extra-virgin
- 0.5 onion peeled thinly sliced
- 2 cups skim coconut milk

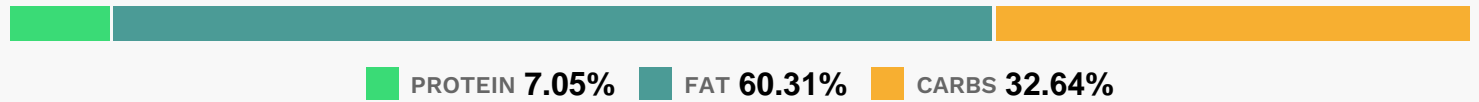
# Equipment

- frying pan

# Directions

- Set a large saute pan over medium heat and add a 2 count of olive oil.
- Add the onion and caramelize for about 10 to 15 minutes. Stir in the coconut milk and ginger and simmer for 5 minutes to reduce a little.
- Remove the ginger and add the hominy. Season mixture with salt and pepper, to taste, the nutmeg, and chicken stock and cook for 10 minutes to heat through and allow the flavors to come together.
- Pour into a serving dish and season with pepper, if desired.

# Nutrition Facts



# Properties

Glycemic Index:74.13, Glycemic Load:25.48, Inflammation Score:-7, Nutrition Score:16.91521757582%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

# Nutrients (% of daily need)

Calories: 571.19kcal (28.56%), Fat: 41.79g (64.3%), Saturated Fat: 23.91g (149.46%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 45.38g (16.5%), Sugar: 10.47g (11.64%), Cholesterol: 0mg (0%), Sodium: 36.09mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.97%), Manganese: 1.27mg (63.63%), Phosphorus: 296.36mg (29.64%), Magnesium: 112.11mg (28.03%), Iron: 4.97mg (27.59%), Vitamin B3: 5.17mg (25.83%), Potassium: 807.06mg (23.06%), Fiber: 5.52g (22.08%), Copper: 0.41mg (20.37%), Vitamin B5: 1.89mg (18.86%), Vitamin B6: 0.36mg (17.93%), Vitamin C: 14.11mg (17.11%), Folate: 68.12µg (17.03%), Vitamin B1: 0.23mg (15.41%), Vitamin E: 2.22mg (14.83%), Zinc: 2.06mg (13.72%), Vitamin A: 560.27IU (11.21%), Vitamin K: 9.5µg (9.05%), Vitamin B2: 0.14mg (8.51%), Calcium: 34.12mg (3.41%)