



## Cornmeal Dough

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**214 kcal**

SIDE DISH

### Ingredients

- 1 cup warm chicken broth
- 1 teaspoon paprika
- 2 teaspoons salt
- 0.7 cup vegetable shortening
- 1.5 cups cornmeal yellow

### Equipment

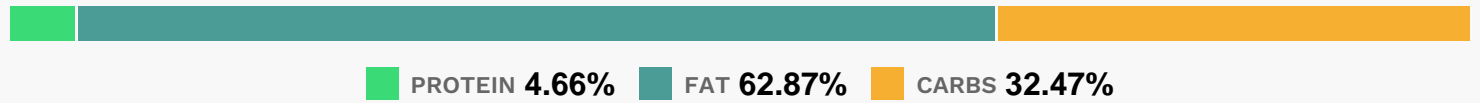
- bowl
- plastic wrap

hand mixer

## Directions

- Beat shortening at medium speed with an electric mixer 5 minutes or until light and fluffy.
- Stir together cornmeal and warm chicken broth in a medium bowl until well blended. Gradually add cornmeal mixture to shortening, beating at medium speed just until blended after each addition.
- Add salt and paprika, beating just until blended. Cover dough with plastic wrap, and set aside until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:8.35, Glycemic Load:10.38, Inflammation Score:-2, Nutrition Score:3.7269565197437%

## Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 15.14g (23.3%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 15.29g (5.56%), Sugar: 0.49g (0.55%), Cholesterol: 0.47mg (0.16%), Sodium: 553.92mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Fiber: 2.31g (9.25%), Manganese: 0.17mg (8.4%), Vitamin B6: 0.15mg (7.26%), Vitamin K: 7.48µg (7.12%), Vitamin E: 0.99mg (6.62%), Magnesium: 26.12mg (6.53%), Phosphorus: 55.23mg (5.52%), Vitamin B1: 0.08mg (5.33%), Zinc: 0.77mg (5.1%), Iron: 0.79mg (4.36%), Vitamin B3: 0.66mg (3.3%), Copper: 0.06mg (3.15%), Potassium: 85.68mg (2.45%), Vitamin B5: 0.24mg (2.42%), Vitamin B2: 0.04mg (2.27%), Selenium: 1.54µg (2.2%), Folate: 8.21µg (2.05%), Vitamin A: 98.98IU (1.98%)