

Cornmeal Fungi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water
- ☐ 1 cup cornmeal yellow

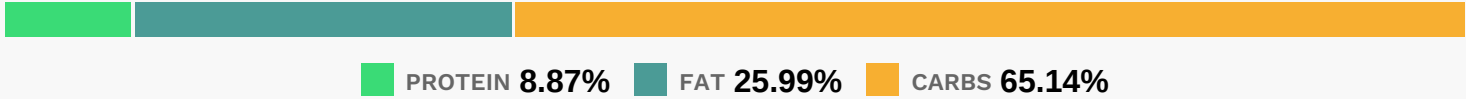
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Place cornmeal in a medium saucepan. Gradually add water, stirring constantly with a whisk. Bring to a boil; cook 1 minute, stirring constantly. Stir in margarine, salt, and pepper; cook an additional 2 minutes or until thick, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:11.54, Inflammation Score:-2, Nutrition Score:3.3521739497943%

Nutrients (% of daily need)

Calories: 118.75kcal (5.94%), Fat: 3.44g (5.29%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 16.88g (6.14%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 222.78mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Fiber: 2.51g (10.05%), Manganese: 0.18mg (9.05%), Vitamin B6: 0.16mg (7.84%), Magnesium: 29.76mg (7.44%), Phosphorus: 60.29mg (6.03%), Zinc: 0.83mg (5.57%), Vitamin B1: 0.08mg (5.32%), Iron: 0.8mg (4.46%), Copper: 0.08mg (4.22%), Vitamin B3: 0.66mg (3.28%), Potassium: 87.46mg (2.5%), Selenium: 1.59µg (2.28%), Folate: 9.05µg (2.26%), Vitamin A: 83.92IU (1.68%), Vitamin B5: 0.16mg (1.61%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.17mg (1.14%)