

Cornmeal Mush

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

12 min.

SERVINGS

servings

8

CALORIES

calories

95 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups cornmeal
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water

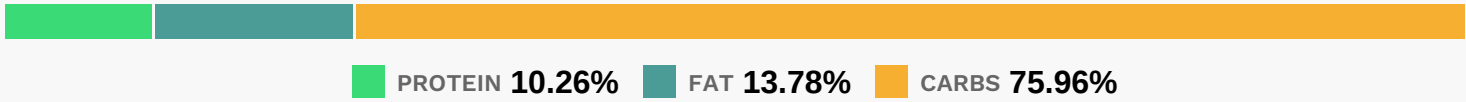
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ loaf pan

Directions

- ☐ Mix together cornmeal, water, and salt in a medium saucepan. Cook over medium heat, stirring frequently, until mixture thickens, about 5 to 7 minutes.
- ☐ If using as cereal, spoon mush into bowls and serve with milk and sugar, if desired. If frying, pour mixture into a loaf pan and chill completely.
- ☐ Remove from pan, cut into slices, and fry in a small amount of oil over medium-high heat until browned on both sides.
- ☐ Serve with sauce of your choice.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:10.81, Inflammation Score:-1, Nutrition Score:2.9756521733235%

Nutrients (% of daily need)

Calories: 95.4kcal (4.77%), Fat: 1.46g (2.25%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 15.78g (5.74%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 150.03mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Fiber: 2.34g (9.34%), Manganese: 0.16mg (7.98%), Vitamin B6: 0.15mg (7.33%), Magnesium: 27.33mg (6.83%), Phosphorus: 55.9mg (5.59%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.97%), Iron: 0.74mg (4.13%), Copper: 0.07mg (3.6%), Vitamin B3: 0.61mg (3.07%), Potassium: 80.03mg (2.29%), Selenium: 1.49µg (2.13%), Folate: 8.45µg (2.11%), Vitamin B5: 0.15mg (1.48%), Vitamin B2: 0.02mg (1.36%)