



Country Ham Hot-Water Cornbread

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



340 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 12 servings butter softened
- ☐ 2 cups country ham cooked finely chopped
- ☐ 0.3 cup half and half
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 12 servings vegetable oil
- ☐ 2 cups water boiling

☐ 2 cups cornmeal white

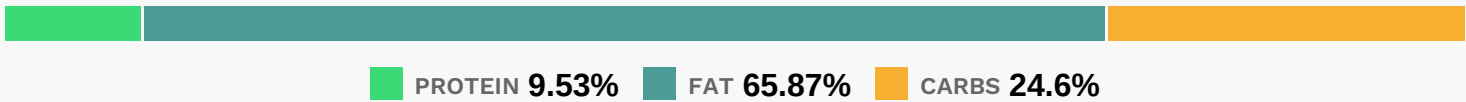
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 4 ingredients in a bowl; stir in half and half and 1 tablespoon oil Gradually add boiling water, stirring until batter is consistency of grits. Stir in 1 to 2 cups finely chopped cooked country ham.
- ☐ Pour oil to a depth of 1/2 inch into a large heavy skillet; place over medium-high heat. Scoop batter into a 1/4 cup measure; drop into hot oil, and fry, in batches, 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with softened butter.
- ☐ NOTE: The amount of boiling water needed varies depending on the type of cornmeal used. Stone-ground (coarsely ground) cornmeal requires more liquid.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:7.5921738427942%

Nutrients (% of daily need)

Calories: 339.73kcal (16.99%), Fat: 25.02g (38.49%), Saturated Fat: 6.85g (42.84%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 18.26g (6.64%), Sugar: 0.93g (1.03%), Cholesterol: 26.98mg (8.99%), Sodium: 517.85mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Vitamin K: 28.35µg (27%), Vitamin B1: 0.22mg (14.94%), Phosphorus: 131.95mg (13.19%), Vitamin B6: 0.25mg (12.29%), Fiber: 2.76g (11.02%), Vitamin E: 1.55mg (10.32%), Magnesium: 38.58mg (9.65%), Zinc: 1.43mg (9.52%), Vitamin B3: 1.79mg (8.95%), Manganese: 0.17mg (8.75%), Vitamin B5: 0.79mg (7.87%), Selenium: 5.51µg (7.87%), Iron: 1.22mg (6.8%), Vitamin B2: 0.1mg (5.85%), Potassium: 192.05mg (5.49%), Copper: 0.08mg (4.22%), Vitamin A: 142.8IU (2.86%), Vitamin B12: 0.17µg

(2.79%), Folate: 9.48µg (2.37%), Calcium: 17.35mg (1.73%), Vitamin D: 0.16µg (1.09%)