



## Hominy and Bacon

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bacon sliced
- 24 fluid ounce evaporated milk canned
- 40 ounce hominy white drained canned

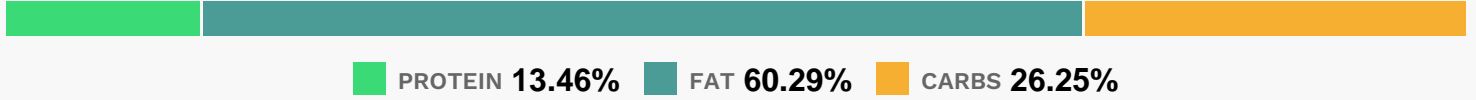
### Equipment

- frying pan

### Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain grease from the skillet. Crumble the bacon, and return it to the skillet. Reduce heat to medium, and add hominy and evaporated milk, and cook, stirring often.
- Let it bubble, but don't let the milk scorch. Cook until thickened, 10 to 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.593043503554%

### Nutrients (% of daily need)

Calories: 458.25kcal (22.91%), Fat: 30.46g (46.86%), Saturated Fat: 11.79g (73.66%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 26.3g (9.56%), Sugar: 11.49g (12.76%), Cholesterol: 63.15mg (21.05%), Sodium: 958.41mg (41.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.59%), Phosphorus: 311.34mg (31.13%), Selenium: 17.69µg (25.27%), Calcium: 248.54mg (24.85%), Vitamin B2: 0.33mg (19.69%), Zinc: 2.84mg (18.94%), Fiber: 3.54g (14.17%), Vitamin B1: 0.2mg (13.5%), Magnesium: 50.77mg (12.69%), Vitamin B3: 2.5mg (12.5%), Potassium: 393.81mg (11.25%), Vitamin B5: 1.1mg (10.99%), Vitamin B6: 0.2mg (10.11%), Iron: 1.28mg (7.11%), Vitamin B12: 0.43µg (7.09%), Manganese: 0.11mg (5.54%), Vitamin A: 234.41IU (4.69%), Copper: 0.08mg (4.03%), Vitamin E: 0.46mg (3.04%), Folate: 8.51µg (2.13%), Vitamin D: 0.32µg (2.1%), Vitamin C: 1.69mg (2.04%)