



Hominy Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 15.5 ounce hominy white drained canned
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt

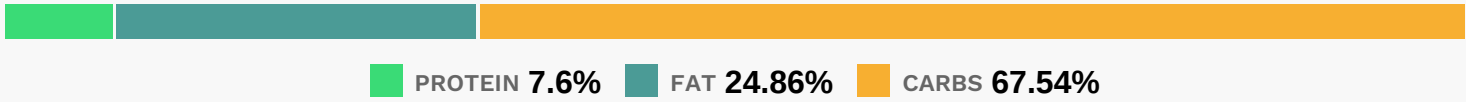
Equipment

☐ frying pan

Directions

- ☐ Melt 2 teaspoons butter in a large nonstick skillet.
- ☐ Add 1/2 cup chopped onion and 2 minced garlic cloves; saut 2 minutes or until tender.
- ☐ Add 1 (5-ounce) can drained white hominy, 1/4 cup chopped green onions, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. Cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:3.7721738740802%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 109.57kcal (5.48%), Fat: 3.04g (4.67%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 15.26g (5.55%), Sugar: 3.01g (3.34%), Cholesterol: 5.38mg (1.79%), Sodium: 542.5mg (23.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Fiber: 3.31g (13.25%), Vitamin K: 13.64µg (12.99%), Zinc: 1.23mg (8.22%), Manganese: 0.15mg (7.7%), Magnesium: 21.47mg (5.37%), Selenium: 3.68µg (5.25%), Phosphorus: 49.65mg (4.97%), Iron: 0.86mg (4.75%), Vitamin C: 3.12mg (3.79%), Vitamin B6: 0.05mg (2.62%), Copper: 0.05mg (2.61%), Vitamin A: 127.1IU (2.54%), Calcium: 24.04mg (2.4%), Folate: 9.04µg (2.26%), Vitamin B5: 0.21mg (2.12%), Potassium: 64.64mg (1.85%), Vitamin B1: 0.02mg (1.28%), Vitamin B2: 0.02mg (1.16%), Vitamin E: 0.15mg (1.03%)