



Hot Water Cornbread



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



12

CALORIES



62 kcal

Ingredients

- 1 cup cornmeal
- 1 teaspoon salt
- 1 tablespoon shortening
- 0.8 cup water boiling
- 1 teaspoon sugar white

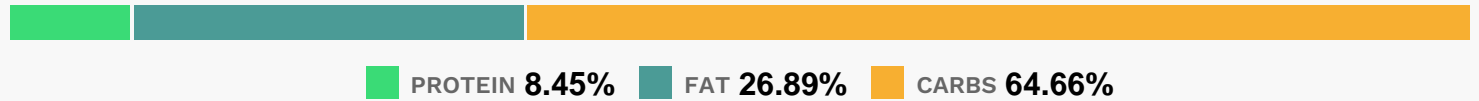
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium bowl, combine cornmeal, salt, and sugar.
- Add boiling water and shortening; stir until shortening melts.
- Pour oil or bacon fat to a depth of 1/2 inch in a large skillet and heat to 375 degrees F (190 degrees C).
- Shape cornmeal mixture into flattened balls using a heaping tablespoon as a measuring guide. Fry each in hot oil, turning once, until crisp and golden brown, about 5 minutes.
- Drain on paper towels.
- Serve at once with maple syrup or honey.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:6, Inflammation Score:-1, Nutrition Score:1.6204347902018%

Nutrients (% of daily need)

Calories: 61.59kcal (3.08%), Fat: 1.85g (2.84%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.75g (3.18%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 195.11mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Fiber: 1.25g (4.98%), Manganese: 0.09mg (4.27%), Vitamin B6: 0.08mg (3.91%), Magnesium: 14.33mg (3.58%), Phosphorus: 29.81mg (2.98%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.66%), Iron: 0.4mg (2.22%), Copper: 0.03mg (1.73%), Vitamin B3: 0.33mg (1.64%), Potassium: 42.71mg (1.22%), Selenium: 0.8µg (1.14%), Folate: 4.51µg (1.13%)