

CEREALS AND PASTA PRODUCTS No.E 003 01
FRIED HOMINY

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
134 cal	12 g	1 g	9 g	0 mg	180 mg	9 mg

Ingredient

HOMINY,WHOLE,CANNED
SHORTENING,VEGETABLE,MELTED
PEPPER,BLACK,GROUND

Weight

18-7/8 lbs
1-3/4 lbs
1/8 oz

Measure

3 gal 1 qts
1 qts
1/8 tsp

Issue

Method

- 1 Drain hominy, discard liquid.
- 2 Fry hominy in melted shortening or salad oil until lightly browned. Season with black pepper.