

**CEREALS AND PASTA PRODUCTS No.E 003 01**  
**FRIED HOMINY**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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.