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## Cornmeal Porridge with Coconut Milk

Cornmeal porridge is a traditional dish made from cornmeal and coconut milk. It is often consumed as a breakfast or brunch dish. The porridge has a creamy texture and a slightly sweet flavor. It is a popular dish in many Caribbean countries.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

100 g	Cornmeal
400 ml	coconut milk
500 ml	Water
1 tsp	Salt

1 tsp	vanilla extract
1 tsp	Cinnamon
1 tsp	Nutmeg
50 g	Sugar

## Directions

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### Step 1

#### Boiling

In a saucepan, bring water to a boil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a separate bowl, mix cornmeal with a little water to form a smooth paste.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Stirring

Add the cornmeal paste to the boiling water, stirring constantly to avoid lumps.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

Simmering

Reduce heat to low and simmer for 10 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Stirring

Add coconut milk, salt, vanilla extract, cinnamon, nutmeg, and sugar. Stir well.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Simmering

Simmer for another 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Resting

Remove from heat and let it cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 2 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Lunch Snack

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Diwali Oktoberfest Ramadan Thanksgiving Easter

### Cost

Under \$10

\$20 to \$30

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

### Difficulty Level

Medium

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