



Almost-Famous Hushpuppies

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons kosher salt plus more for sprinkling
- ☐ 0.3 cup onion minced
- ☐ 2 teaspoons onion powder
- ☐ 1.5 teaspoons sugar
- ☐ 30 servings vegetable oil for frying

- ☐ 1 cup milk whole
- ☐ 0.5 cup cornmeal yellow

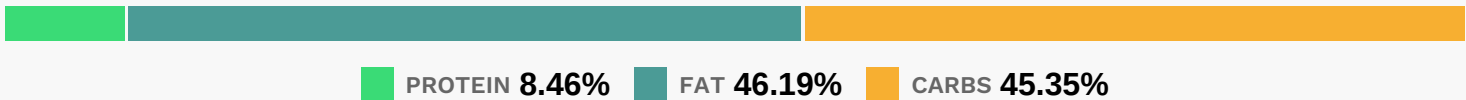
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Combine the onion, flour, cornmeal, baking powder, salt, sugar and onion powder in a bowl.
- ☐ Whisk the egg and milk in another bowl.
- ☐ Whisk the egg mixture into the flour mixture until smooth. Cover and chill 30 minutes.
- ☐ Heat 2 inches vegetable oil in a large pot over medium heat until a deep-fry thermometer registers 350 degrees F. Working in batches, carefully drop heaping tablespoonfuls of batter into the hot oil. Fry, stirring occasionally, until golden, about 8 minutes per batch (return the oil to 350 degrees F between batches).
- ☐ Transfer to a paper towel-lined baking sheet using a slotted spoon.
- ☐ Sprinkle with salt.
- ☐ Let rest a few minutes before serving.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:12.35, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.9917391052713%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 66.95kcal (3.35%), Fat: 3.44g (5.29%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.13g (2.59%), Sugar: 0.74g (0.82%), Cholesterol: 7.18mg (2.39%), Sodium: 136.27mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin K: 5.22µg (4.97%), Selenium: 2.97µg (4.25%), Vitamin B1: 0.06mg (4.24%), Folate: 13.54µg (3.39%), Manganese: 0.06mg (3.24%), Vitamin B2: 0.05mg (3.11%), Phosphorus: 28.09mg (2.81%), Iron: 0.42mg (2.35%), Vitamin B3: 0.45mg (2.23%), Calcium: 20.86mg (2.09%), Fiber: 0.47g (1.87%), Vitamin E: 0.26mg (1.77%), Vitamin B6: 0.03mg (1.46%), Magnesium: 5.75mg (1.44%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.1mg (1.02%)