



## Baked Hush Puppies

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.1 teaspoon pepper black freshly ground
- 2 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 0.3 cup milk
- 0.5 cup onion finely chopped
- 0.8 teaspoon salt
- 2 tablespoons butter unsalted melted

0.7 cup cornmeal yellow

## Equipment

bowl

oven

muffin liners

mini muffin tray

## Directions

Preheat the oven to 45

Lightly grease a 24-cup mini muffin pan or spray with nonstick cooking spray.

In a medium bowl, combine the cornmeal, flour, baking powder, salt and pepper.

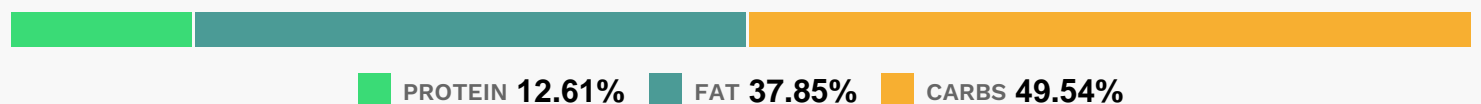
In a separate bowl, mix together the onion, milk, eggs and butter. Fold the egg mixture into the flour mixture until the flour mixture is just moistened.

Spoon 1 tablespoon of the batter into each of the prepared mini muffin cups.

Bake for 10 minutes, or until the hush puppies are firm to the touch and golden brown around the edges.

Photograph by Hallie Burton

## Nutrition Facts



## Properties

Glycemic Index:55.42, Glycemic Load:12.21, Inflammation Score:-3, Nutrition Score:5.8182608796203%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 164.34kcal (8.22%), Fat: 6.93g (10.65%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.3g (6.66%), Sugar: 1.58g (1.75%), Cholesterol: 73.66mg (24.55%), Sodium: 392.07mg (17.05%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.19g (10.39%), Selenium: 8.91µg (12.72%), Phosphorus: 113.6mg (11.36%), Manganese: 0.19mg (9.47%), Vitamin B2: 0.15mg (8.87%), Vitamin B1: 0.13mg (8.55%), Fiber: 2.09g (8.35%), Vitamin B6: 0.16mg (8.01%), Folate: 29.23µg (7.31%), Calcium: 71.83mg (7.18%), Iron: 1.25mg (6.95%), Magnesium: 25.74mg (6.44%), Zinc: 0.89mg (5.97%), Vitamin B5: 0.46mg (4.64%), Vitamin A: 229.07IU (4.58%), Vitamin B3: 0.89mg (4.46%), Vitamin B12: 0.23µg (3.82%), Potassium: 128.98mg (3.69%), Vitamin D: 0.55µg (3.68%), Copper: 0.07mg (3.58%), Vitamin E: 0.36mg (2.42%), Vitamin C: 0.99mg (1.2%)