



Baked Hush Puppies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon measures-like-sugar" calorie-free sweetener

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup cornmeal yellow

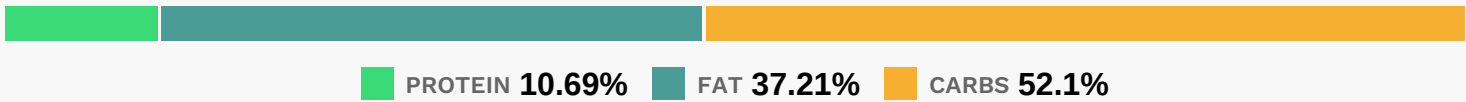
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine eggs and next 3 ingredients, stirring well; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Coat 36 miniature (1 3/4-inch) muffin cups with cooking spray. Spoon about 1 tablespoon batter into each muffin cup (cups will be about three-fourths full).
- ☐ Bake at 425 for 15 minutes or until done.
- ☐ Remove from pans immediately, and serve warm.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:1.7652174059464%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 50.2kcal (2.51%), Fat: 2.08g (3.2%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6g (2.18%), Sugar: 0.55g (0.61%), Cholesterol: 10.49mg (3.5%), Sodium: 106.31mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Selenium: 2.41µg (3.44%), Phosphorus: 32.62mg (3.26%),

Vitamin B1: 0.05mg (3.03%), Calcium: 29.23mg (2.92%), Manganese: 0.06mg (2.81%), Vitamin K: 2.83µg (2.69%),
Vitamin B2: 0.04mg (2.43%), Folate: 9.69µg (2.42%), Fiber: 0.55g (2.2%), Iron: 0.38mg (2.14%), Vitamin B6: 0.04mg
(1.91%), Magnesium: 6.76mg (1.69%), Vitamin B3: 0.33mg (1.63%), Zinc: 0.22mg (1.49%), Vitamin E: 0.17mg (1.16%),
Vitamin B5: 0.1mg (1.05%)