



Buttermilk Hush Puppies



Vegetarian

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READY IN

ready

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25 min.

SERVINGS

servings

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8

CALORIES

calories

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234 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup cornmeal
- ☐ 2 eggs room temperature
- ☐ 1 cup flour all-purpose
- ☐ 4 green onions minced
- ☐ 0.5 cup onion minced
- ☐ 0.5 teaspoon salt

☐ 0.3 cup vegetable oil

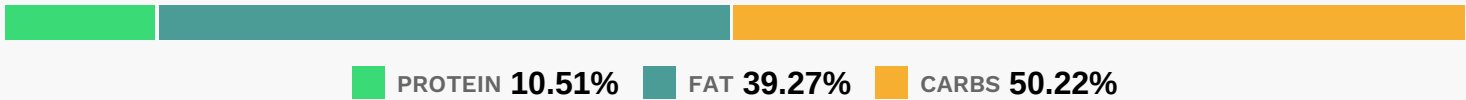
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat 1 quart vegetable oil in a deep-fryer or large saucepan to 365 degrees F (185 degrees C).
- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Whisk buttermilk, 1/4 cup vegetable oil, and eggs in a bowl.
- ☐ Combine cornmeal, flour, sugar, baking soda, and salt in a separate bowl. Fold buttermilk mixture, onion, and green onions into cornmeal mixture until just mixed.
- ☐ Drop 6 to 8 tablespoon-sized balls of batter into the hot oil; fry until each hush puppy is golden brown, turning the hush puppies to cook evenly, 6 to 10 minutes.
- ☐ Remove hush puppies with a slotted spoon and place on brown paper bags to drain. Repeat with any remaining batter.
- ☐ Transfer hush puppies to a baking sheet and keep warm in the preheated oven until ready to serve.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:18.02, Inflammation Score:-4, Nutrition Score:8.2947826178178%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 233.67kcal (11.68%), Fat: 10.19g (15.68%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 26.71g (9.71%), Sugar: 2.42g (2.69%), Cholesterol: 44.22mg (14.74%), Sodium: 263.33mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin K: 25.2µg (24%), Selenium: 11.06µg (15.8%), Vitamin B1: 0.21mg (13.91%), Manganese: 0.26mg (13.06%), Vitamin B2: 0.2mg (12.06%), Folate: 47.76µg (11.94%), Phosphorus: 113.99mg (11.4%), Fiber: 2.62g (10.46%), Iron: 1.63mg (9.07%), Vitamin B6: 0.17mg (8.46%), Magnesium: 31.23mg (7.81%), Vitamin B3: 1.49mg (7.46%), Zinc: 1.02mg (6.81%), Vitamin E: 0.81mg (5.41%), Calcium: 50.91mg (5.09%), Vitamin B5: 0.49mg (4.86%), Potassium: 167.59mg (4.79%), Copper: 0.09mg (4.75%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 168.92IU (3.38%), Vitamin C: 1.87mg (2.26%)