



Chili Hush Puppies

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon cajun spice
- 4 cups canola oil
- 0.8 cup chili from "chili topped corn bites" recipe leftover
- 2 teaspoons chives finely chopped
- 1 cup cornbread batter from "chili topped corn bites" recipe leftover
- 0.5 teaspoon hot sauce (recommended: Tabasco)
- 1 tablespoon parsley leaves chopped

0.5 cup cup heavy whipping cream sour

Equipment

bowl

paper towels

pot

Directions

Watch how to make this recipe.

Heat the oil, in a heavy-bottomed pot over medium-high heat, to 360 degrees F.

In a large bowl, mix together the cornbread batter, chili, parsley and baking powder until thoroughly combined.

Working in batches, so to not over crowd the oil, drop the batter by heaping tablespoons into the hot oil. Fry until golden brown, about 4 to 5 minutes.

Remove from the oil to a plate lined with a paper bag or paper towels, to drain.

Add all the ingredients to a small bowl and stir until well combined.

Nutrition Facts



PROTEIN 3.1% **FAT 75.24%** **CARBS 21.66%**

Properties

Glycemic Index:22.9, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.7865216576535%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 264.37kcal (13.22%), Fat: 22.49g (34.59%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.8g (5.02%), Sugar: 4.79g (5.33%), Cholesterol: 20.27mg (6.76%), Sodium: 173.08mg (7.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin E: 3.41mg (22.74%), Vitamin K: 22.47µg (21.4%), Vitamin C: 17.09mg (20.72%), Phosphorus: 111.15mg (11.11%), Vitamin A: 310IU (6.2%), Calcium: 57.86mg

(5.79%), Folate: 17.17µg (4.29%), Vitamin B2: 0.07mg (4.26%), Vitamin B6: 0.08mg (4.24%), Manganese: 0.08mg (3.9%), Vitamin B1: 0.06mg (3.75%), Selenium: 2.55µg (3.64%), Iron: 0.63mg (3.52%), Vitamin B3: 0.64mg (3.2%), Fiber: 0.77g (3.07%), Potassium: 87.48mg (2.5%), Magnesium: 8.29mg (2.07%), Vitamin B5: 0.2mg (2.03%), Copper: 0.04mg (1.78%), Zinc: 0.24mg (1.57%), Vitamin B12: 0.08µg (1.31%)