



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

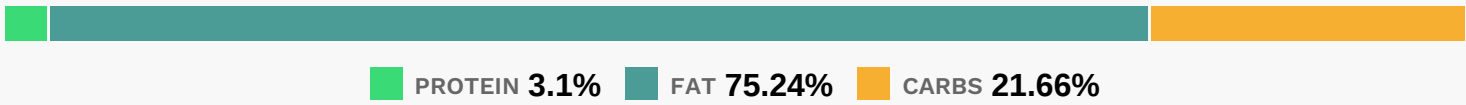
Equipment

- ☐ 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



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%)