



## Classic Hush Puppies

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 8 servings canola oil for frying
- 0.3 cup dehydrated onion fresh finely minced
- 1 tablespoon juice of lemon (omit if using buttermilk)
- 1 cup buttermilk (or buttermilk)
- 0.5 teaspoon parsley finely minced
- 1 teaspoon hot sauce hot

- 0.8 teaspoon salt
- 1 teaspoon sugar
- 0.5 cup flour whole wheat (can be flour too of course)
- 2 cups cornmeal yellow

## Equipment

- frying pan
- paper towels
- oven
- whisk
- mixing bowl

## Directions

- In a cast iron skillet or a large heavy fry pan over medium-high heat, heat about 3 inches of oil to 350-360 F or until a small amount of batter dropped into the hot oil sizzles and floats
- In a large mixing bowl, combine all of the dry ingredients, parsley and onions.
- Add the lemon juice to the milk and set aside for 5 minutes (if using buttermilk omit the lemon juice).
- Add the egg and add to the milk, whisk to combine.
- Add 1 cup of the milk/egg mixture to the dry ingredients and combine to make a stiff batter (if the batter is too dry, add the rest of the milk; if the batter is too thin, add cornmeal). The batter should be thoroughly moistened, but should still hold a rounded shape on a spoon. Using a teaspoon, scoop up a heaping spoonful of batter and using another spoon (or fingertip) form into a rough ball and slide into the hot oil. Rinsing the spoon in cold water after every 3 balls makes forming them easier. Fry for approximately 5 minutes or until golden brown, turning to brown all sides.
- Remove from oil and place hushpuppies on paper towels; continue cooking the remaining batter. Keep warm in the oven until all the hushpuppies have been fried and dinner is ready to serve.
- Serve hot.

## Nutrition Facts



■ PROTEIN 10.36% ■ FAT 24.46% ■ CARBS 65.18%

## Properties

Glycemic Index:36.7, Glycemic Load:18.12, Inflammation Score:-3, Nutrition Score:8.3939130434783%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 230.06kcal (11.5%), Fat: 6.33g (9.74%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 33.26g (12.09%), Sugar: 3.32g (3.69%), Cholesterol: 3.3mg (1.1%), Sodium: 312.31mg (13.58%), Protein: 6.04g (12.07%), Manganese: 0.59mg (29.32%), Fiber: 4.71g (18.83%), Vitamin B6: 0.31mg (15.28%), Phosphorus: 149.96mg (15%), Magnesium: 57.6mg (14.4%), Vitamin B1: 0.18mg (12.03%), Selenium: 8.22µg (11.75%), Zinc: 1.58mg (10.51%), Iron: 1.51mg (8.42%), Copper: 0.14mg (7.12%), Vitamin B3: 1.4mg (7%), Potassium: 226.87mg (6.48%), Vitamin B2: 0.1mg (6.09%), Folate: 21.63µg (5.41%), Calcium: 51.58mg (5.16%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.42mg (4.23%), Vitamin C: 2.42mg (2.93%), Vitamin D: 0.39µg (2.6%), Vitamin K: 2.49µg (2.37%), Vitamin B12: 0.14µg (2.3%), Vitamin A: 51.94IU (1.04%)