



Corn Soufflé Hush Puppies



Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 24 ounce corn soufflé frozen thawed
- ☐ 1.5 cups cornmeal
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.8 cup milk
- ☐ 1 small onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 42 servings vegetable oil

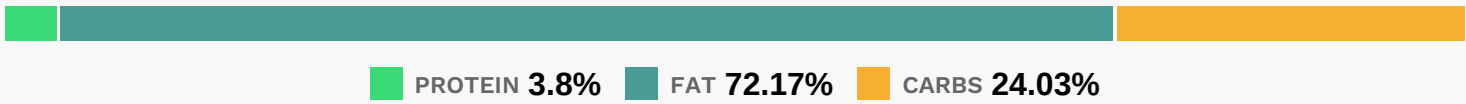
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine flour and next 5 ingredients in a bowl. Stir together egg, milk, and 3 tablespoons oil; pour into flour mixture, stirring until blended. Fold in corn souffl.
- ☐ Add oil to a depth of 3 inches into a heavy saucepan; heat to 37
- ☐ Drop batter, by tablespoonfuls, in batches, into hot oil. Fry 5 to 7 minutes or until golden brown.
- ☐ Drain on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:3.9239131108574%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 191.44kcal (9.57%), Fat: 15.73g (24.21%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 10.64g (3.87%), Sugar: 0.39g (0.43%), Cholesterol: 4.95mg (1.65%), Sodium: 66.26mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin K: 27.6µg (26.29%), Vitamin E: 1.27mg (8.47%), Vitamin B1: 0.07mg (4.84%), Manganese: 0.1mg (4.79%), Fiber: 1.14g (4.57%), Folate: 17.48µg (4.37%), Phosphorus: 43.18mg (4.32%), Vitamin B6: 0.07mg (3.59%), Selenium: 2.44µg (3.49%), Vitamin B3: 0.69mg (3.43%), Magnesium: 13.16mg (3.29%), Vitamin B2: 0.05mg (3.16%), Iron: 0.54mg (2.99%), Zinc: 0.36mg (2.38%), Potassium:

81.83mg (2.34%), Calcium: 19.32mg (1.93%), Vitamin C: 1.31mg (1.59%), Copper: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.37%)