



Crab Cake Hush Puppies

 Dairy Free

READY IN



35 min.

SERVINGS



25

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup beer
- ☐ 1 cup self-rising corn meal mix white
- ☐ 1 large eggs
- ☐ 3 spring onion thinly sliced
- ☐ 8 ounces lump crab meat fresh
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup self raising flour

- ☐ 1 tablespoon sugar
- ☐ 25 servings vegetable oil

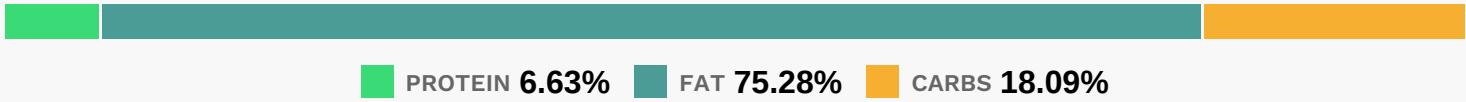
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Stir together cornmeal mix, flour, green onions, bell pepper, sugar, and salt in a large bowl. Stir in crabmeat, egg, and beer until just moistened.
- ☐ Let stand 10 minutes.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 36
- ☐ Drop batter by tablespoonfuls into hot oil, and fry, in batches, 2 to 3 minutes or until golden brown, turning once.
- ☐ Serve with your favorite rmoulade or cocktail sauce.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:5.1139130708964%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 173.06kcal (8.65%), Fat: 14.49g (22.3%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.25g (2.64%), Sugar: 0.65g (0.73%), Cholesterol: 11.25mg (3.75%), Sodium: 192.32mg (8.36%), Alcohol: 0.28g (100%), Alcohol %: 0.75% (100%), Protein: 2.87g (5.74%), Vitamin K: 28.89µg (27.51%), Vitamin B12: 0.84µg (13.93%), Vitamin E: 1.23mg (8.21%), Phosphorus: 72.82mg (7.28%), Selenium: 4.97µg (7.09%), Folate:

26.43µg (6.61%), Vitamin C: 4.72mg (5.72%), Copper: 0.1mg (5.06%), Zinc: 0.7mg (4.63%), Vitamin B1: 0.06mg (3.86%), Manganese: 0.06mg (3.25%), Vitamin B2: 0.05mg (2.91%), Vitamin B6: 0.06mg (2.85%), Vitamin A: 140.2IU (2.8%), Vitamin B3: 0.55mg (2.77%), Calcium: 27.55mg (2.75%), Iron: 0.49mg (2.7%), Magnesium: 10.05mg (2.51%), Fiber: 0.59g (2.35%), Potassium: 50.03mg (1.43%), Vitamin B5: 0.11mg (1.13%)