



Crab Hush Puppies with Curried Honey-Mustard Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



30

CALORIES



66 kcal

SIDE DISH

Ingredients

- 0.3 cup bottled clam juice
- 1 cup just-add-water cornbread mix
- 0.3 cup dijon mustard
- 1.8 teaspoons curry powder divided
- 1 cup spring onion divided finely chopped
- 0.3 cup honey
- 12 ounces lump crab meat fresh diced

30 servings vegetable oil for frying

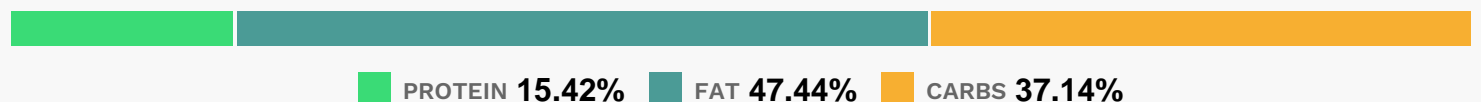
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- kitchen thermometer

Directions

- Stir mustard, honey, and 1 1/4 teaspoons curry powder in small bowl for dipping sauce.
- Stir cornbread mix, clam juice, and 1/2 teaspoon curry powder in medium bowl.
- Mix in crabmeat and 3/4 cup onions.
- Pour enough oil into medium saucepan to reach depth of 1 1/2 inches. Attach deep-fry thermometer to side of pan and heat oil over medium heat to 320°F to 330°F. Working in batches, drop batter into oil by heaping teaspoonfuls. Fry until golden and cooked through, 1 to 1 1/2 minutes.
- Transfer to paper towels to drain.
- Sprinkle hush puppies with remaining onions.
- Serve with dipping sauce.
- 8;Fat (g)17.39;Saturated Fat (g)1.32;Cholesterol (mg)41.94;Carbohydrates (g)30.23;Dietary Fiber (g)2.52;Total Sugars (g)13.50;Net Carbs (g)27.71;Protein (g)15.22
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:3.3904347826087%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 66.17kcal (3.31%), Fat: 3.54g (5.44%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.45g (3.83%), Cholesterol: 4.86mg (1.62%), Sodium: 163.87mg (7.12%), Protein: 2.59g (5.17%), Vitamin B12: 1.03µg (17.09%), Vitamin K: 12.43µg (11.84%), Selenium: 5.17µg (7.38%), Copper: 0.12mg (5.77%), Phosphorus: 52.03mg (5.2%), Zinc: 0.74mg (4.94%), Folate: 12.03µg (3.01%), Magnesium: 8.8mg (2.2%), Fiber: 0.53g (2.13%), Vitamin B1: 0.03mg (2.09%), Manganese: 0.04mg (2.03%), Vitamin E: 0.29mg (1.93%), Vitamin C: 1.56mg (1.89%), Iron: 0.32mg (1.76%), Vitamin B3: 0.32mg (1.61%), Vitamin B6: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.37%), Potassium: 45.78mg (1.31%), Calcium: 12.49mg (1.25%)