

 **72%**
HEALTH SCORE

Hoppin' John Hush Puppies

 **Very Healthy**

READY IN

**55 min.**

SERVINGS

**2**

CALORIES

**1061 kcal**

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup buttermilk
- 0.5 cup rice long-grain cooked
- 2 servings tomato-corn relish
- 1 cup self-rising cornmeal mix yellow
- 0.5 cup country ham chopped
- 2 large eggs lightly beaten
- 0.5 cup flour all-purpose

- 2 garlic cloves pressed
- 0.5 cup green onions light sliced
- 1 jalapeno diced seeded
- 2 servings vegetable oil; peanut oil preferred
- 15 oz seasoned field peas and snaps drained and rinsed canned (1 cup)
- 1 teaspoon pepper freshly ground

Equipment

- bowl
- frying pan
- paper towels
- dutch oven

Directions

- Pour oil to depth of 3 inches into a large, heavy skillet or Dutch oven; heat over medium-high heat to 35
- Meanwhile, stir together field peas and next 11 ingredients in a large bowl.
- Scoop pea mixture by rounded tablespoonfuls, in batches, and drop into hot oil. Fry 3 to 4 minutes or until hush puppies are golden brown.
- Drain on paper towels; keep warm.
- Serve with relish.
- *1 (5-oz.) can seasoned black-eyed peas may be substituted.

Nutrition Facts



PROTEIN 15.99% **FAT 27.16%** **CARBS 56.85%**

Properties

Glycemic Index:266.42, Glycemic Load:48.08, Inflammation Score:-10, Nutrition Score:60.295216933541%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 1061.22kcal (53.06%), Fat: 32.57g (50.11%), Saturated Fat: 8.49g (53.04%), Carbohydrates: 153.39g (51.13%), Net Carbohydrates: 131.9g (47.96%), Sugar: 21.14g (23.49%), Cholesterol: 217.6mg (72.53%), Sodium: 1931.44mg (83.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.14g (86.29%), Vitamin C: 103.22mg (125.12%), Folate: 485.89µg (121.47%), Phosphorus: 1204.47mg (120.45%), Vitamin B1: 1.79mg (119.52%), Manganese: 2.09mg (104.29%), Vitamin K: 108.38µg (103.22%), Fiber: 21.49g (85.96%), Vitamin B2: 1.34mg (78.99%), Vitamin B3: 14.1mg (70.49%), Selenium: 44.82µg (64.03%), Iron: 11.18mg (62.08%), Calcium: 598.42mg (59.84%), Vitamin B6: 1.18mg (58.96%), Vitamin A: 2821.96IU (56.44%), Magnesium: 178.4mg (44.6%), Zinc: 6.66mg (44.42%), Potassium: 1312.55mg (37.5%), Copper: 0.74mg (36.82%), Vitamin B5: 2.79mg (27.89%), Vitamin E: 3.69mg (24.62%), Vitamin B12: 1.08µg (18.05%), Vitamin D: 2.41µg (16.1%)