

## Hush Puppies

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 1 small onion chopped fine
- 1.5 cups cornmeal
- 0.5 cup flour
- 1 tablespoon double-acting baking powder
- 0.5 tsp salt
- 1 eggs
- 0.8 cup milk
- 6 servings cooking oil for frying

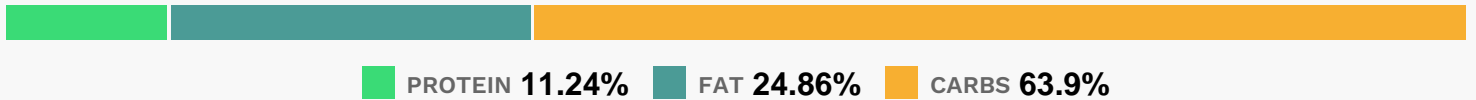
## Equipment

- frying pan
- paper towels
- mixing bowl
- slotted spoon

## Directions

- Place the cornmeal, flour, baking powder and salt into a large mixing bowl and stir. Crack the egg into a medium mixing bowl and beat it with a fork until it is well mixed.
- Add the chopped onion pieces and milk to the egg and mix well. Stir the egg, milk, and onion pieces into the cornmeal and flour mixture.
- Place about 2–3 inches of oil in a deep-fat fryer or skillet over medium-high heat. When the oil is hot, carefully drop the batter into the pan. Use one heaping teaspoon of batter for each hush puppy. You may fry 5–6 hush puppies at once. The hush puppies will sink into the hot oil. Then they will rise to the top. After 1–2 minutes, the hush puppies will be golden brown. Use a slotted spoon to remove the hush puppies.
- Let them drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index: 50.08, Glycemic Load: 24.33, Inflammation Score: -4, Nutrition Score: 9.0573913043478%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Taste

Sweetness: 30.92%, Saltiness: 32.95%, Sourness: 10.37%, Bitterness: 6.46%, Savoriness: 21.14%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 249.82kcal (12.49%), Fat: 6.92g (10.65%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 35.83g (13.03%), Sugar: 2.64g (2.93%), Cholesterol: 30.94mg (10.31%), Sodium: 430.06mg (18.7%), Protein: 7.04g (14.09%), Phosphorus: 193.22mg (19.32%), Manganese: 0.34mg (17.24%), Fiber: 4.22g (16.88%), Calcium: 165.89mg (16.59%), Vitamin B1: 0.23mg (15.09%), Vitamin B6: 0.28mg (14.21%), Magnesium: 51.08mg (12.77%), Selenium: 8.81µg (12.59%), Iron: 2.05mg (11.37%), Zinc: 1.55mg (10.3%), Vitamin B2: 0.17mg (9.83%), Folate: 38.24µg (9.56%), Vitamin B3: 1.65mg (8.24%), Copper: 0.12mg (6.08%), Potassium: 212.48mg (6.07%), Vitamin B5: 0.52mg (5.23%), Vitamin E: 0.74mg (4.92%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.48µg (3.21%), Vitamin K: 2.27µg (2.16%), Vitamin A: 89.24IU (1.78%), Vitamin C: 0.86mg (1.05%)