



Hush Puppies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 pinch baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1.5 teaspoons vegetable oil
- ☐ 12 servings vegetable oil

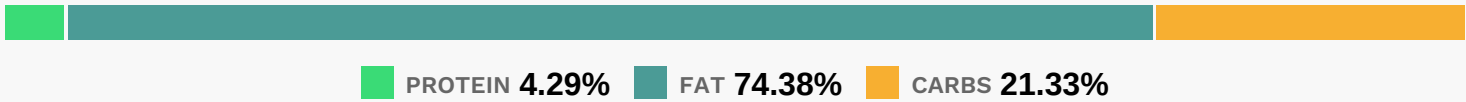
Equipment

- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Combine cornmeal, flour, baking powder, sugar, and salt in a medium mixing bowl; mix well, and set aside.
- ☐ Dissolve soda in buttermik in a small mixing bowl.
- ☐ Add egg, onion, and 1 1/2 teaspoons oil; stir well.
- ☐ Add to dry ingredients, mixing well.
- ☐ Drop batter by tablespoonfuls into deep, hot oil (350), cooking only a few at a time. Fry 3 minutes; turn and fry an additional 3 minutes or until hush puppies are golden brown.
- ☐ Drain well on paper towels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:6.23, Inflammation Score:-1, Nutrition Score:3.8939130306244%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 187.73kcal (9.39%), Fat: 15.69g (24.14%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.26g (3.37%), Sugar: 1.03g (1.15%), Cholesterol: 14.74mg (4.91%), Sodium: 122.89mg (5.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin K: 26.87µg (25.59%), Vitamin E: 1.27mg (8.44%), Selenium: 3.69µg (5.27%), Vitamin B1: 0.07mg (4.64%), Phosphorus: 45.29mg (4.53%), Manganese: 0.09mg (4.36%), Vitamin B2: 0.07mg (3.97%), Folate: 15.12µg (3.78%), Calcium: 35.69mg (3.57%), Fiber: 0.86g (3.45%), Iron: 0.56mg (3.11%), Vitamin B6: 0.06mg (2.91%), Magnesium: 10.35mg (2.59%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.16mg (1.64%), Copper: 0.03mg (1.55%), Potassium: 54.06mg (1.54%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.08µg (1.31%)