



Hush Puppies

READY IN



35 min.

SERVINGS



10

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 1.5 cups self-rising cornmeal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup self-rising flour
- ☐ 1.5 tablespoons sugar
- ☐ 0.8 cup onion diced sweet ()
- ☐ 10 servings vegetable oil

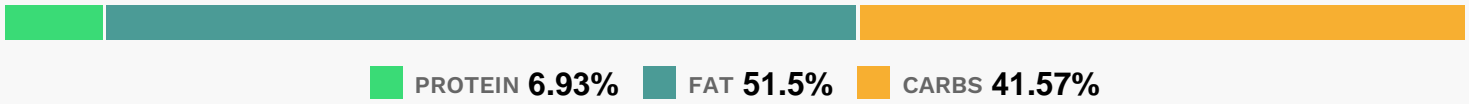
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- ☐ Combine cornmeal and next 3 ingredients.
- ☐ Add egg and buttermilk; stir just until moistened.
- ☐ Let stand 10 minutes.
- ☐ Drop batter by rounded tablespoonfuls into hot oil, and fry, in 3 batches, 2 to 3 minutes on each side or until golden. Keep warm in a 200 oven.
- ☐ TRY THESE TWISTS Bacon-and-Caramelized Onion Hush Puppies: Increase onion to 1 1/2 cups. Cook 5 bacon slices in a medium skillet over medium heat 5 to 6 minutes or until crisp; drain bacon on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon. Saut onion in hot drippings over medium-low heat 12 to 15 minutes or until golden brown. Proceed with recipe as directed, stirring in onion and bacon with cornmeal mix in Step Jalapeo-Pineapple Hush Puppies: Prepare recipe as directed, stirring in 1/2 cup canned pineapple tidbits and 2 to 3 Tbsp. seeded and diced jalapeo pepper with cornmeal mix in Step Shrimp-and-Corn Hush Puppies: Prepare recipe as directed, reducing buttermilk to 3/4 cup and stirring 1 1/2 cups chopped cooked shrimp (about 3/4 lb. peeled) and 1 (8 1/4-oz.) can cream-style corn into batter in Step

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:6.12, Inflammation Score:-4, Nutrition Score:8.3004348563111%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.74mg, Quercetin:

1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 282.86kcal (14.14%), Fat: 16.37g (25.18%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 27.78g (10.1%), Sugar: 3.91g (4.34%), Cholesterol: 21.9mg (7.3%), Sodium: 376.11mg (16.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin K: 25.92µg (24.68%), Phosphorus: 213.74mg (21.37%), Folate: 77.02µg (19.26%), Vitamin B1: 0.21mg (14.02%), Calcium: 117.37mg (11.74%), Vitamin B2: 0.19mg (11.37%), Manganese: 0.22mg (10.88%), Selenium: 6.44µg (9.2%), Vitamin E: 1.26mg (8.39%), Iron: 1.48mg (8.21%), Fiber: 1.94g (7.76%), Vitamin B3: 1.47mg (7.33%), Vitamin B6: 0.14mg (6.83%), Magnesium: 20.79mg (5.2%), Zinc: 0.63mg (4.19%), Potassium: 123.88mg (3.54%), Copper: 0.07mg (3.52%), Vitamin B5: 0.34mg (3.41%), Vitamin D: 0.49µg (3.27%), Vitamin B12: 0.18µg (3.04%), Vitamin A: 149.99IU (3%)