

Hush Puppies I



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 cups cornmeal
- ☐ 1 eggs beaten
- ☐ 1.5 cups milk
- ☐ 1 small onion minced
- ☐ 1.5 teaspoons salt
- ☐ 2 quarts vegetable oil for frying
- ☐ 0.5 cup water

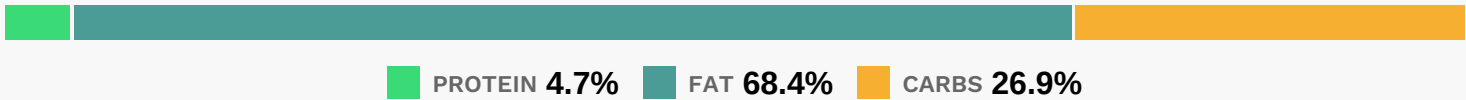
Equipment

- ☐ paper towels
- ☐ mixing bowl
- ☐ slotted spoon

Directions

- ☐ Heat vegetable oil to 365 degrees F (185 degrees C).
- ☐ In a large mixing bowl, combine corn meal, baking powder, salt, milk, and water.
- ☐ Mix in egg and chopped onion.
- ☐ Shape the batter into small balls, approximately 1 tablespoon each.
- ☐ Use a long handled spoon to gently slide the hush puppies into the hot oil. Cook 8 or 10 at a time, until golden brown.
- ☐ Remove from the oil with a slotted spoon, and roll on paper towels to briefly drain.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:9.06, Inflammation Score:-3, Nutrition Score:4.7847825832989%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 228.86kcal (11.44%), Fat: 17.61g (27.09%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 13.66g (4.97%), Sugar: 1.17g (1.3%), Cholesterol: 8.65mg (2.88%), Sodium: 190.23mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 29.11µg (27.72%), Vitamin E: 1.39mg (9.27%), Fiber: 1.92g (7.67%), Phosphorus: 71.9mg (7.19%), Vitamin B6: 0.13mg (6.66%), Manganese: 0.13mg (6.63%), Magnesium: 23.75mg (5.94%), Zinc: 0.71mg (4.72%), Vitamin B1: 0.07mg (4.68%), Calcium: 41.47mg (4.15%), Iron:

0.67mg (3.74%), Selenium: 2.06µg (2.94%), Vitamin B2: 0.05mg (2.86%), Potassium: 93.76mg (2.68%), Copper:
0.05mg (2.58%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.21mg (2.07%), Folate: 8.17µg (2.04%), Vitamin B12: 0.1µg
(1.64%), Vitamin D: 0.2µg (1.36%)