



Hushpuppies

READY IN



16 min.

SERVINGS



100

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1 cup self-rising cornmeal mix white
- 1 large eggs lightly beaten
- 0.5 cup milk
- 0.5 cup onion diced
- 0.5 cup self-rising flour
- 1 tablespoon sugar
- 100 servings vegetable oil

Equipment

- bowl
- paper towels
- oven
- wire rack
- dutch oven

Directions

- Combine first 4 ingredients in a large bowl.
- Add egg and milk to dry ingredients, stirring just until moistened.
- Let stand 10 minutes.
- Pour oil to a depth of 2 inches into a Dutch oven; heat to 37
- Drop batter by rounded tablespoonfuls into hot oil, and fry, in batches, 2 to 3 minutes on each side or until golden brown.
- Drain on a wire rack over paper towels; serve immediately.
- Add 1 seeded, diced jalapeo to batter. Proceed with recipe as directed.
- Note: Keep fried hushpuppies warm in oven at 225 for up to 15 minutes. For testing purposes only, we used White Lily Self-Rising White Cornmeal
- Mix.

Nutrition Facts

 **PROTEIN 0.97%**  **FAT 93.3%**  **CARBS 5.73%**

Properties

Glycemic Index:2.02, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.8491304656086%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 134.16kcal (6.71%), Fat: 14.15g (21.76%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.22g (0.24%), Cholesterol: 2.01mg (0.67%), Sodium: 23.64mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 25.76µg (24.53%), Vitamin E: 1.15mg (7.69%), Phosphorus: 14.13mg (1.41%), Folate: 5.08µg (1.27%)