

What She Ate

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Hushpuppies



Vegetarian



Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

358 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch baking soda
- ☐ 1 cup buttermilk
- ☐ 1 pound cornmeal fine
- ☐ 1 eggs
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 6 servings vegetable oil for frying

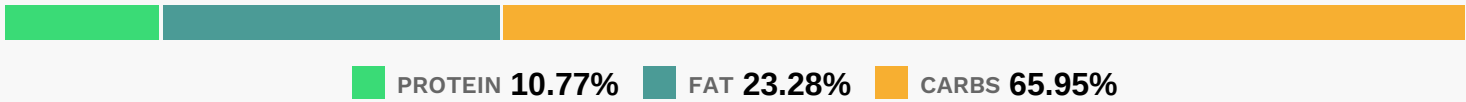
Equipment

- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Special equipment: Deep-frying thermometer
- ☐ Mix together the cornmeal, buttermilk, salt, sugar, soda and egg to make a thick consistency. Refrigerate for 15 minutes.
- ☐ Heat some oil in a large pot until a deep-frying thermometer inserted in the oil registers 375 degrees F. Drop spoonfuls of batter in the hot oil and cook until light golden brown, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:34.88, Inflammation Score:-4, Nutrition Score:11.215652227402%

Nutrients (% of daily need)

Calories: 358.04kcal (17.9%), Fat: 9.27g (14.27%), Saturated Fat: 2.21g (13.78%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 52g (18.91%), Sugar: 5.15g (5.73%), Cholesterol: 31.68mg (10.56%), Sodium: 1263.8mg (54.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.31%), Fiber: 7.11g (28.43%), Manganese: 0.49mg (24.57%), Vitamin B6: 0.47mg (23.64%), Phosphorus: 218.62mg (21.86%), Magnesium: 85.8mg (21.45%), Zinc: 2.59mg (17.29%), Vitamin B1: 0.25mg (16.57%), Iron: 2.41mg (13.4%), Selenium: 8.28µg (11.83%), Vitamin B2: 0.17mg (10.18%), Copper: 0.2mg (9.96%), Vitamin B3: 1.91mg (9.54%), Potassium: 307.83mg (8.8%), Folate: 31.15µg (7.79%), Vitamin B5: 0.71mg (7.14%), Calcium: 55.38mg (5.54%), Vitamin K: 5.44µg (5.18%), Vitamin D: 0.67µg (4.44%), Vitamin B12: 0.25µg (4.15%), Vitamin E: 0.61mg (4.09%), Vitamin A: 105.6IU (2.11%)