



## Hushpuppies

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup buttermilk
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cheddar cheese grated
- ☐ 1 large eggs beaten
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 4 scallions thinly sliced
- ☐ 0.8 cup self-rising flour

- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 small vidalia onion finely grated
- ☐ 1 cup cornmeal yellow

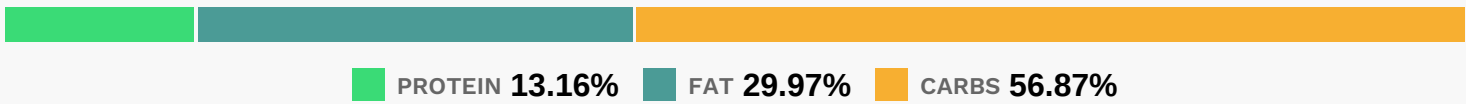
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Preheat 2 inches peanut oil in a deep-fryer or Dutch oven to 375 degrees F.
- ☐ Whisk the cornmeal, flour, 1 teaspoon salt, the sugar, cayenne and paprika in a large bowl to get rid of the lumps. (No one likes a lumpy hushpuppy.)
- ☐ Mix in the remaining ingredients, stirring well to combine.
- ☐ Dip 2 spoons into a mug of water (this allows the batter to come clean off). Scoop up about 1 1/2 tablespoons of the batter and carefully slide it into the hot oil, working in batches. Fry the scoops of batter 3 to 5 minutes, or until golden brown and cooked all the way through (test the first one for doneness).
- ☐ Remove and drain on a paper towel-lined baking sheet, seasoning with salt as soon as they come out of the fryer.
- ☐ Photograph by David Malosh

## Nutrition Facts



## Properties

Glycemic Index:57.1, Glycemic Load:19.88, Inflammation Score:-5, Nutrition Score:9.1617390798486%

## Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 252.51kcal (12.63%), Fat: 8.42g (12.96%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 32.54g (11.83%), Sugar: 4.4g (4.89%), Cholesterol: 40.11mg (13.37%), Sodium: 477.23mg (20.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.65%), Selenium: 13.38µg (19.11%), Manganese: 0.34mg (16.94%), Vitamin K: 17.29µg (16.46%), Phosphorus: 158.26mg (15.83%), Fiber: 3.43g (13.7%), Vitamin B6: 0.24mg (12.12%), Magnesium: 43.17mg (10.79%), Vitamin B2: 0.18mg (10.43%), Calcium: 100.04mg (10%), Zinc: 1.47mg (9.78%), Vitamin B1: 0.13mg (8.82%), Folate: 32.79µg (8.2%), Vitamin A: 389.97IU (7.8%), Iron: 1.34mg (7.45%), Copper: 0.13mg (6.72%), Potassium: 232.23mg (6.64%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.56mg (5.63%), Vitamin B12: 0.31µg (5.13%), Vitamin B3: 0.97mg (4.83%), Vitamin D: 0.71µg (4.77%), Vitamin C: 2.96mg (3.58%)