



Jalapeño 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
- 1 jalapeno diced seeded
- 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. Stir in jalapeo.
- 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.
- 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 93.27%**  **CARBS 5.76%**

Properties

Glycemic Index:2.34, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.8673912604218%

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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 134.2kcal (6.71%), Fat: 14.15g (21.76%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.83g (0.66%), Sugar: 0.22g (0.25%), Cholesterol: 2.01mg (0.67%), Sodium: 23.65mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 25.78µg (24.55%), Vitamin E: 1.16mg (7.72%), Phosphorus: 14.16mg (1.42%), Folate: 5.12µg (1.28%)