



Jalapeño-Pineapple Hush Puppies

READY IN

ready

35 min.

SERVINGS

servings

10

CALORIES

calories

291 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 1.5 cups self-rising cornmeal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 2 Tbsp jalapeno diced seeded
- ☐ 0.5 cup dole pineapple tidbits canned
- ☐ 0.8 cup self-rising flour
- ☐ 1.5 tablespoons sugar
- ☐ 0.8 cup onion diced sweet ()
- ☐ 10 servings vegetable oil

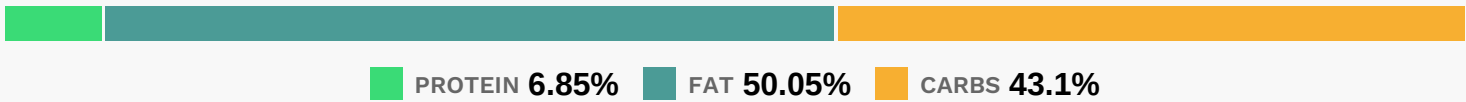
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- ☐ Combine cornmeal and next 5 ingredients.
- ☐ Add egg and buttermilk; stir just until moistened.
- ☐ Let stand 10 minutes.
- ☐ Drop batter by rounded tablespoonfuls into hot oil, and fry, in 3 batches, 2 to 3 minutes on each side or until golden. Keep warm in a 200 oven.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:6.15, Inflammation Score:-4, Nutrition Score:8.9343478990638%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 290.83kcal (14.54%), Fat: 16.39g (25.22%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.58g (10.76%), Sugar: 5.72g (6.36%), Cholesterol: 21.9mg (7.3%), Sodium: 376.32mg (16.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin K: 26.55µg (25.29%), Phosphorus: 215.35mg (21.53%), Folate: 78.43µg (19.61%), Vitamin B1: 0.22mg (14.91%), Calcium: 119.62mg (11.96%), Vitamin B2: 0.2mg (11.64%), Manganese: 0.22mg (11.03%), Selenium: 6.5µg (9.28%), Vitamin E: 1.37mg (9.12%), Fiber: 2.18g (8.71%), Iron: 1.52mg (8.44%), Vitamin B6: 0.16mg (7.9%), Vitamin B3: 1.54mg (7.69%), Vitamin C: 5.25mg (6.36%), Magnesium: 23.02mg (5.75%), Zinc: 0.64mg (4.3%), Copper: 0.08mg (4.22%), Potassium: 145.98mg (4.17%), Vitamin A: 188.25IU (3.76%), Vitamin B5: 0.35mg (3.51%), Vitamin D: 0.49µg (3.27%), Vitamin B12: 0.18µg

(3.04%)