



Lela's Hush Puppies

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 2.3 cups self-rising corn meal mix white
- ☐ 2 large eggs
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 8 servings vegetable oil

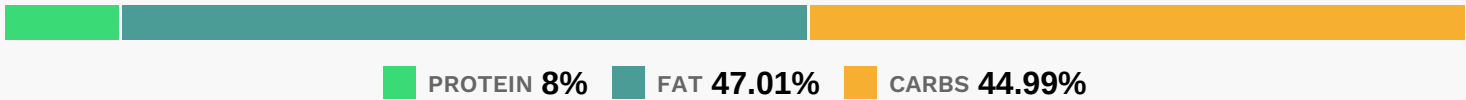
Equipment

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

Directions

- ☐ Combine first 6 ingredients in a bowl; make a well in center of mixture.
- ☐ Whisk together buttermilk and eggs; add to dry ingredients, stirring just until moistened.
- ☐ Let mixture stand 30 minutes.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Drop batter by heaping teaspoonfuls into hot oil. Fry, in batches, 2 minutes on each side or until golden.
- ☐ Drain on wire racks over paper towels; serve hot.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:12.891304306362%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 331.75kcal (16.59%), Fat: 17.58g (27.05%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 34.52g (12.55%), Sugar: 2.03g (2.26%), Cholesterol: 49.8mg (16.6%), Sodium: 971.18mg (42.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Phosphorus: 365.75mg (36.57%), Folate: 135.93µg (33.98%), Vitamin K: 26.84µg (25.57%), Vitamin B1: 0.37mg (24.59%), Vitamin B2: 0.32mg (18.88%), Calcium: 187.8mg (18.78%), Iron: 2.66mg (14.79%), Manganese: 0.29mg (14.48%), Fiber: 3.34g (13.34%),

Vitamin B3: 2.58mg (12.92%), Vitamin B6: 0.25mg (12.36%), Vitamin C: 8.04mg (9.75%), Vitamin E: 1.35mg (9.02%),
Magnesium: 32.25mg (8.06%), Selenium: 4.99µg (7.13%), Zinc: 0.97mg (6.45%), Vitamin A: 315.51IU (6.31%),
Potassium: 186.04mg (5.32%), Vitamin B5: 0.51mg (5.08%), Copper: 0.09mg (4.7%), Vitamin D: 0.64µg (4.27%),
Vitamin B12: 0.25µg (4.15%)