



Mama's Cornmeal Hushpuppies

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



48

CALORIES



97 kcal

SIDE DISH

Ingredients

- 2 cups buttermilk
- 2 cups self-rising cornmeal white
- 1 large jalapeño chopped fine
- 48 servings kosher salt
- 0.8 cup onion finely chopped
- 8 cups vegetable oil; peanut oil preferred for frying

Equipment

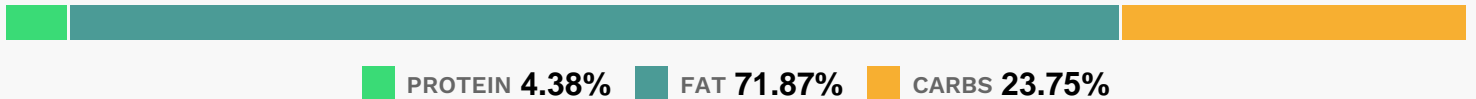
- bowl

- paper towels
- pot
- slotted spoon
- deep fryer

Directions

- Watch how to make this recipe.
- In a large bowl, mix the cornmeal, onions, jalapeno and a pinch of salt.
- Add enough of the buttermilk to make a stiff batter. You may not need the whole 2 cups.
- Heat the peanut oil in a deep fryer or a large heavy bottomed pot to 250 degrees F.
- Drop the batter into the hot oil by teaspoonfuls. The hushpuppies will turn over in the oil as they cook. They are done when they are brown all over, 6 to 8 minutes.
- Remove them from the oil with a slotted spoon, drain on paper towels and season with salt. Keep the hushpuppies warm while you fry the remaining batter.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.6526086991248%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 97.3kcal (4.87%), Fat: 7.87g (12.11%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.7g (0.78%), Cholesterol: 1.1mg (0.37%), Sodium: 204.66mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin E: 1.17mg (7.82%), Fiber: 0.74g (2.96%), Phosphorus: 27.85mg (2.79%), Magnesium: 9.58mg (2.39%), Manganese: 0.05mg (2.36%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.21mg (2.07%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.6%), Iron: 0.26mg (1.47%), Potassium: 47.26mg (1.35%), Calcium: 12.96mg (1.3%), Vitamin B3: 0.2mg (1.01%)