



Mississippi Hush Puppies

READY IN



45 min.

SERVINGS



18

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 1 cup self-rising corn meal mix
- ☐ 1 large eggs
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 jalapeno chopped
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup self raising flour
- ☐ 1 tablespoon sugar
- ☐ 18 servings vegetable oil

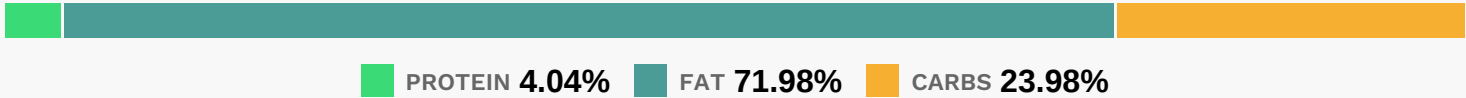
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Combine egg and next 4 ingredients, stirring well; add to dry ingredients, stirring just until moistened.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven or large saucepan; heat to 37
- ☐ Drop batter by rounded tablespoonfuls into hot oil, and fry in batches 2 minutes on each side or until golden brown.
- ☐ Drain on paper towels; serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:4.3030434846878%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 182.6kcal (9.13%), Fat: 14.82g (22.81%), Saturated Fat: 2.4g (15%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 10.27g (3.73%), Sugar: 1.33g (1.48%), Cholesterol: 11.15mg (3.72%), Sodium: 131.49mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin K: 26.25µg (25%), Vitamin E: 1.24mg (8.24%), Phosphorus: 79.52mg (7.95%), Folate: 28.85µg (7.21%), Vitamin C: 4.58mg (5.55%), Vitamin B1: 0.08mg (5.32%), Manganese: 0.09mg (4.44%), Calcium: 40.19mg (4.02%), Vitamin B2: 0.07mg (4%), Selenium: 2.39µg (3.41%), Fiber: 0.85g (3.38%), Vitamin B6: 0.06mg (3.22%), Iron: 0.58mg (3.2%), Vitamin B3: 0.57mg (2.85%),

Magnesium: 8.09mg (2.02%), Zinc: 0.24mg (1.59%), Vitamin A: 76.94IU (1.54%), Potassium: 52.7mg (1.51%), Copper: 0.03mg (1.32%), Vitamin B5: 0.13mg (1.31%), Vitamin B12: 0.06µg (1.02%)