



Rock Shrimp Hushpuppies

READY IN



75 min.

SERVINGS



40

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.1 teaspoon cayenne
- ☐ 1 cup cornmeal
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ 0.3 teaspoon thyme leaves fresh
- ☐ 1 teaspoon garlic chopped
- ☐ 0.3 teaspoon ground pepper fresh

- ☐ 1 cup milk
- ☐ 40 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 pounds rock shrimp cleaned roughly chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup scallions thinly sliced

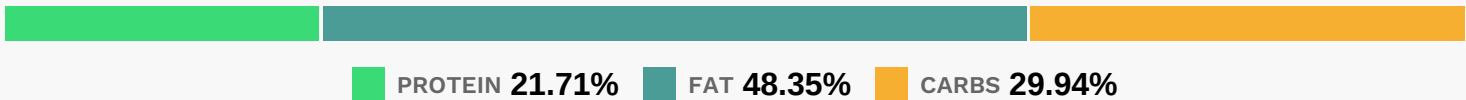
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all of the above in a bowl.;
- ☐ Whisk all of the above ingredients.
- ☐ Add to dry mix and let rest in refrigerator for 15 minutes. Then spoon into 350 degree peanut oil and fry until puffed and golden.;

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:3.2565217264321%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 79.95kcal (4%), Fat: 4.27g (6.57%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.45g (1.98%), Sugar: 0.4g (0.45%), Cholesterol: 39mg (13%), Sodium: 207.49mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Selenium: 8.83µg (12.61%), Phosphorus: 81.16mg (8.12%), Vitamin E: 0.81mg (5.38%), Vitamin B12: 0.31µg (5.09%), Vitamin B6: 0.07mg (3.54%), Vitamin B3: 0.7mg (3.51%), Folate: 13.25µg (3.31%), Vitamin B1: 0.05mg (3.08%), Manganese: 0.06mg (2.98%), Copper: 0.06mg (2.93%), Calcium: 28.92mg (2.89%), Zinc: 0.43mg (2.84%), Magnesium: 11.29mg (2.82%), Vitamin K: 2.79µg (2.66%), Vitamin

B2: 0.04mg (2.5%), Iron: 0.39mg (2.15%), Fiber: 0.5g (2%), Vitamin A: 95.8IU (1.92%), Vitamin B5: 0.17mg (1.67%), Potassium: 58.28mg (1.67%)