



Shrimp-and-Corn Hush Puppies

READY IN



35 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 8.3 oz regular corn cream-style canned
- ☐ 1.5 cups self-rising cornmeal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup self-rising flour
- ☐ 1.5 cups shrimp cooked peeled chopped ()
- ☐ 1.5 tablespoons sugar
- ☐ 0.8 cup onion diced sweet ()
- ☐ 10 servings vegetable oil

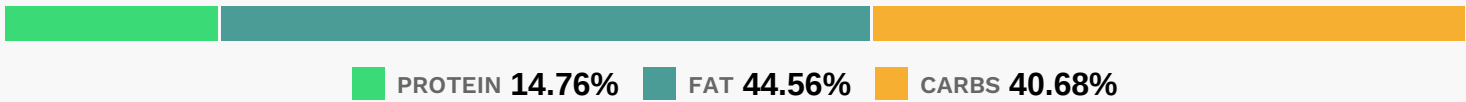
Equipment

- ☐ 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:16.81, Glycemic Load:5.93, Inflammation Score:-4, Nutrition Score:9.726956497068%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 322.43kcal (16.12%), Fat: 16.25g (25%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 31.15g (11.33%), Sugar: 4.08g (4.53%), Cholesterol: 77.72mg (25.91%), Sodium: 466.79mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Phosphorus: 291.41mg (29.14%), Vitamin K: 25.88µg (24.65%), Folate: 86.48µg (21.62%), Vitamin B1: 0.21mg (14.02%), Calcium: 126.98mg (12.7%), Manganese: 0.24mg (12.24%), Copper: 0.22mg (10.92%), Vitamin B2: 0.19mg (10.88%), Iron: 1.75mg (9.71%), Magnesium: 35.99mg (9%), Fiber: 2.22g (8.88%), Selenium: 6.09µg (8.7%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.68mg (8.4%), Zinc: 1.18mg (7.88%), Vitamin B6: 0.15mg (7.35%), Potassium: 232.71mg (6.65%), Vitamin B5: 0.34mg (3.38%), Vitamin A: 147.5IU (2.95%), Vitamin D: 0.33µg (2.23%), Vitamin B12: 0.13µg (2.12%), Vitamin C: 1.53mg (1.86%)