



Shrimp-and-Okra Hush Puppies

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- 0.8 cup beer
- 8 servings canola oil
- 1 cup self-rising cornmeal mix yellow
- 1 teaspoon creole seasoning
- 1 large eggs lightly beaten
- 0.5 cup cut okra frozen thawed chopped
- 0.5 cup onion diced green red frozen thawed
- 1 cup shrimp raw chopped

0.5 cup self-rising flour

Equipment

bowl

paper towels

oven

wire rack

dutch oven

Directions

Stir together cornmeal mix and flour in large bowl until combined.

Sprinkle shrimp with Creole seasoning.

Add shrimp, onion mixture, and okra to cornmeal mixture. Stir in egg and beer just until moistened.

Let stand 5 to 7 minutes.

Pour oil to depth of 4 inches into a Dutch oven; heat to 35

Drop batter by level tablespoonfuls into hot oil, and fry, in batches, 2 to 2 1/2 minutes on each side or until golden brown.

Drain on a wire rack over paper towels; serve immediately.

Note: Keep fried hush puppies warm in a 225 oven for up to 15 minutes. For testing purposes only, we used McKenzie's Seasoning Blend for diced onion, red and green bell pepper, and celery.

Nutrition Facts



PROTEIN 11.81% **FAT 53.04%** **CARBS 35.15%**

Properties

Glycemic Index:22.69, Glycemic Load:4.12, Inflammation Score:-5, Nutrition Score:9.6913042586783%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 270.08kcal (13.5%), Fat: 15.7g (24.15%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 21.46g (7.8%), Sugar: 0.39g (0.43%), Cholesterol: 60.51mg (20.17%), Sodium: 458.38mg (19.93%), Alcohol: 0.86g (100%), Alcohol %: 0.94% (100%), Protein: 7.87g (15.74%), Phosphorus: 239.96mg (24%), Vitamin E: 3.06mg (20.42%), Selenium: 13.97µg (19.96%), Folate: 73.51µg (18.38%), Manganese: 0.25mg (12.46%), Vitamin B1: 0.19mg (12.39%), Vitamin K: 12.96µg (12.34%), Vitamin C: 9.12mg (11.05%), Vitamin B3: 1.96mg (9.78%), Vitamin B6: 0.19mg (9.68%), Calcium: 91.49mg (9.15%), Vitamin B2: 0.14mg (8.46%), Fiber: 1.95g (7.81%), Iron: 1.39mg (7.71%), Magnesium: 26.89mg (6.72%), Vitamin A: 331.36IU (6.63%), Vitamin B12: 0.39µg (6.47%), Copper: 0.12mg (5.85%), Zinc: 0.79mg (5.24%), Potassium: 139.84mg (4%), Vitamin B5: 0.34mg (3.37%), Vitamin D: 0.15µg (1.03%)