



Spicy Corn and Crab Puffs

READY IN



25 min.

SERVINGS



42

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup buttermilk
- 1 cup corn kernels frozen thawed drained
- 8 ounce self-rising corn muffin mix
- 1 pound backfin crabmeat drained well
- 2 eggs
- 5 green onions light trimmed chopped
- 2.5 teaspoons hot sauce (recommended: Paula Deen's Hot Sauce)
- 1 teaspoon salt

42 servings vegetable oil for frying

Equipment

bowl

paper towels

whisk

pot

Directions

In a deep-fryer or heavy-bottomed pot, heat enough oil to come halfway up the sides of the pot, to 350 degrees F.

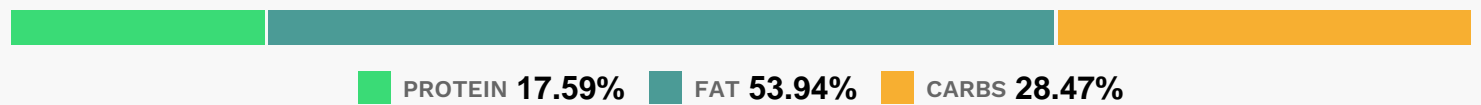
In a medium bowl, whisk together the buttermilk and eggs. Stir in the corn muffin mix. Fold in the crab, corn kernels, green onions, hot sauce, salt and pepper. *Cook's Note: If the batter looks too thin, add a little more self-rising flour to thicken.

Using 2 spoons, carefully drop heaping tablespoons of the crab mixture into the oil and fry, turning often for an even golden-brown color and crispness, about 2 to 3 minutes.

Transfer to a paper towel-lined plate to drain. Arrange them on a serving platter and season with additional hot sauce, salt, and pepper, if desired.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.2943478304407%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 65.18kcal (3.26%), Fat: 3.92g (6.03%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.18g (1.52%), Sugar: 1.52g (1.69%), Cholesterol: 12.91mg (4.3%), Sodium: 211.78mg (9.21%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin B12: 1.02µg (16.92%), Vitamin K: 8.42µg (8.02%), Selenium: 5.07µg (7.24%), Phosphorus: 60.22mg (6.02%), Copper: 0.11mg (5.47%), Zinc: 0.74mg (4.9%), Folate: 13.35µg (3.34%), Vitamin B2: 0.04mg (2.42%), Vitamin B1: 0.03mg (2.19%), Magnesium: 8.09mg (2.02%), Fiber: 0.47g (1.88%), Vitamin E: 0.27mg (1.83%), Vitamin B3: 0.35mg (1.76%), Vitamin B6: 0.03mg (1.55%), Vitamin C: 1.27mg (1.54%), Calcium: 15.4mg (1.54%), Iron: 0.27mg (1.51%), Manganese: 0.03mg (1.5%), Potassium: 46.42mg (1.33%), Vitamin B5: 0.13mg (1.27%)