

Squash Puppies

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 1 cup self-rising cornmeal mix
- ☐ 1 eggs beaten
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 small onion shredded
- ☐ 1 large summer squash shredded yellow

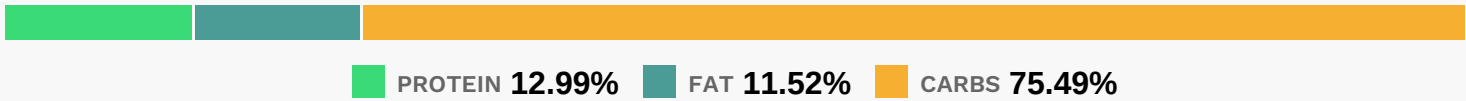
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix the egg, cornmeal mix, squash, onion, onion powder, salt, and black pepper until thoroughly combined (mixture may seem a little dry).
- ☐ Heat the peanut oil in a large skillet over medium-high heat, and drop the squash mixture by large spoonfuls into the hot oil to form patties. Cook until brown on both sides, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.1743478308553%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 61.43kcal (3.07%), Fat: 0.81g (1.25%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 10.63g (3.86%), Sugar: 0.85g (0.95%), Cholesterol: 13.64mg (4.55%), Sodium: 192.86mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Folate: 48.05µg (12.01%), Phosphorus: 111.56mg (11.16%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.14mg (7.08%), Vitamin B2: 0.12mg (6.95%), Vitamin B6: 0.13mg (6.34%), Vitamin C: 5.01mg (6.07%), Fiber: 1.31g (5.25%), Calcium: 50.23mg (5.02%), Iron: 0.88mg (4.9%), Vitamin B3: 0.88mg (4.39%), Magnesium: 13.42mg (3.36%), Potassium: 114.75mg (3.28%), Vitamin A: 114.96IU (2.3%), Zinc: 0.33mg (2.22%), Copper: 0.04mg (1.98%), Selenium: 1.21µg (1.73%), Vitamin B5: 0.16mg (1.61%)