



These Hush Puppies From the Loveless Cafe in Nashville Are the Ultimate Southern Side Dish

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- 2 cups cornmeal
- 2 tablespoons flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon double-acting baking powder
- 1 teaspoon coarse salt
- 0.5 cup onion grated

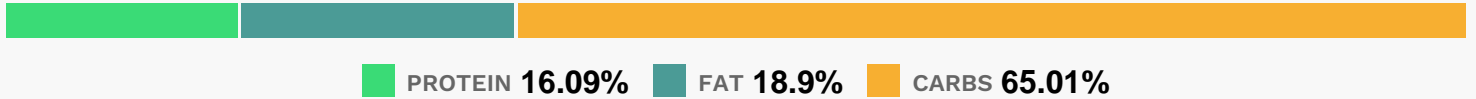
- 0.3 cup spring onion sliced
- 1 large egg yolk
- 1 cup buttermilk
- 6 large egg whites
- 1 serving canola oil for frying

Equipment

Directions

- Barbecued meats: Hush puppies are the perfect accompaniment to anything you're grilling or smoking on the barbecue.
- Serve them alongside BBQ spare ribs or pork chops with creamy coleslaw.
- Fish fry: It wouldn't be Southern cooking without a fish fry or a crawfish boil. Hush puppies are traditionally served with seafood.
- Dipping sauces: If you're eating them on their own as an appetizer, serve them with some fun dipping sauces, like tartar sauce or spicy ketchup.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:19.16, Inflammation Score:-4, Nutrition Score:8.0213043326917%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 206.14kcal (10.31%), Fat: 4.32g (6.65%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 29.39g (10.69%), Sugar: 2.77g (3.08%), Cholesterol: 26.25mg (8.75%), Sodium: 556.62mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Fiber: 4.04g (16.16%), Selenium: 10.34µg (14.77%), Manganese: 0.29mg (14.57%), Phosphorus: 143.97mg (14.4%), Vitamin B6: 0.27mg (13.44%), Vitamin B2: 0.22mg (13.11%), Magnesium: 50.54mg (12.64%), Vitamin B1: 0.16mg (10.61%), Zinc: 1.45mg (9.64%), Iron: 1.49mg

(8.26%), Calcium: 75.75mg (7.57%), Potassium: 236.54mg (6.76%), Vitamin K: 6.95µg (6.62%), Folate: 26.44µg (6.61%), Copper: 0.12mg (6.02%), Vitamin B3: 1.17mg (5.87%), Vitamin B5: 0.48mg (4.84%), Vitamin D: 0.5µg (3.37%), Vitamin B12: 0.2µg (3.36%), Vitamin A: 111.5IU (2.23%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.33mg (1.61%)