

Hush Puppies I

Gourmet Eating in South Carolina - (1985)

2 cups water ground corn meal
 1 tablespoon flour
 1 egg
 1 teaspoon baking powder
 1 teaspoon salt
 1/2 teaspoon baking soda
 2 tablespoons onion (or more), finely chopped
 1 cup buttermilk

In a bowl, mix together the corn meal, flour, baking powder, salt, baking soda and onion.

In a bowl, beat the egg in the buttermilk. Add to the corn meal mixture. Mix well.

Fry in a skillet in deep fat until golden brown. (When done, the hush puppies will float to the top.)

Per Serving (excluding unknown items): 204 Calories; 7g Fat (32.0% calories from fat); 15g Protein; 19g Carbohydrate; trace Dietary Fiber; 221mg Cholesterol; 3576mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

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Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	204
% Calories from Fat:	32.0%
% Calories from Carbohydrates:	37.9%
% Calories from Protein:	30.1%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	221mg
Carbohydrate (g):	19g
Dietary Fiber (g):	trace
Protein (g):	15g
Sodium (mg):	3576mg
Potassium (mg):	447mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	38mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0

Calcium (mg): 597mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 325IU
Vitamin A (r.e.): 89 1/2RE

Non-Fat Milk: 1
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 204 Calories from Fat: 65

% Daily Values*

Total Fat	7g		11%
	Saturated Fat	3g	15%
Cholesterol	221mg		74%
Sodium	3576mg		149%
Total Carbohydrates	19g		6%
	Dietary Fiber	trace	1%
Protein	15g		

Vitamin A	6%
Vitamin C	4%
Calcium	60%
Iron	11%

** Percent Daily Values are based on a 2000 calorie diet.*