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## Hushpuppies (Scratch) <sup>♦</sup>

Hushpuppies are a traditional Southern American dish made from a cornmeal-based batter. They are deep-fried until golden brown and have a crispy exterior with a soft and fluffy interior. Hushpuppies are often served as a side dish with seafood or barbecue.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1 c</b>	yellow cornmeal
<b>1 cup</b>	All-Purpose Flour
<b>2 teaspoon</b>	Baking Powder
<b>1 teaspoon</b>	Salt
<b>1 tablespoon</b>	Sugar

1 cup	Buttermilk
1	Egg
1 small	onion
2 c	Vegetable Oil

## Directions

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### Step 1

In a large bowl, combine the cornmeal, flour, baking powder, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Stirring**

In a separate bowl, whisk together the buttermilk and egg. Pour the wet ingredients into the dry ingredients and stir until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

**Stirring**

Finely chop the onion and add it to the batter. Stir until evenly distributed.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Heating

Heat the vegetable oil in a deep fryer or large pot to 375°F (190°C).

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Frying

Drop spoonfuls of the batter into the hot oil and fry until golden brown, about 2-3 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

Remove the hushpuppies from the oil and drain on paper towels. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 24 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	24 g	43.64%	48%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	60 mg	1.76%	2.31%
Zinc	0 mg	0%	0%
Selenium	7 mcg	12.73%	12.73%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

### Events

Picnic

### Course

Appetizers

Side Dishes

Snacks

Sauces & Dressings

## Cultural

Diwali

St. Patrick's Day

Thanksgiving

Halloween

## Cost

\$10 to \$20

## Demographics

Kids Friendly

## Difficulty Level

Easy

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