

Southern Hush Puppies

Yield: 30 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-southern-hush-puppies-recipe>

Ingredients:

- 1 1/2 cups yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons baking powder
- 1 teaspoon baking soda
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon cayenne
- 3/4 cup buttermilk
- 1/2 cup milk
- 2 eggs
- 1 yellow onion large, finely chopped
- canola oil for frying

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 15 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 240 milligrams
8. Sugar: 2 grams

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