

Hush Puppies

Yield: 22 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-hush-puppies>

Ingredients:

- 1 cup yellow cornmeal stone-ground
- 1/2 cup all purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 cup buttermilk
- 1 large egg lightly beaten
- 1 onion medium, finely chopped
- oil for deep frying

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 1.5 grams
5. Protein: 2 grams
6. Sodium: 150 milligrams
7. Sugar: 1 grams

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