

Hush Puppies II

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

1 egg
salt (to taste)
1 1/2 teaspoons baking powder
1 1/2 cups milk
1 cup corn meal
2 cups flour
1 medium fish, deboned and flaked
1 medium onion, diced
dash worcestershire sauce

In a bowl, combine all of the ingredients except the fish. Stir until well mixed.

Spoon in the fish flakes.

Fry in deep, hot fat until done.

Drain and serve.

Per Serving (excluding unknown items): 1254 Calories; 20g Fat (14.4% calories from fat); 45g Protein; 219g Carbohydrate; 9g Dietary Fiber; 262mg Cholesterol; 989mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 1/2 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

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Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1254	Vitamin B6 (mg):	.4mg
% Calories from Fat:	14.4%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	70.9%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	20g	Folacin (mcg):	128mcg
Saturated Fat (g):	10g	Niacin (mg):	15mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	262mg	% Refuse:	0.0%
Carbohydrate (g):	219g		
Dietary Fiber (g):	9g	Food Exchanges	
Protein (g):	45g	Grain (Starch):	12 1/2
Sodium (mg):	989mg	Lean Meat:	1
		Vegetable:	1 1/2

Potassium (mg): 1063mg
Calcium (mg): 928mg
Iron (mg): 14mg
Zinc (mg): 4mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 705IU
Vitamin A (r.e.): 209RE

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

Nutrition Facts

Amount Per Serving

Calories 1254 **Calories from Fat:** 181

% Daily Values*

Total Fat 20g	30%
Saturated Fat 10g	48%
Cholesterol 262mg	87%
Sodium 989mg	41%
Total Carbohydrates 219g	73%
Dietary Fiber 9g	37%
Protein 45g	
Vitamin A	14%
Vitamin C	17%
Calcium	93%
Iron	76%

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