



Beignets

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 cups canola oil
- ☐ 1 package yeast dry
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup milk lukewarm
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract

Equipment

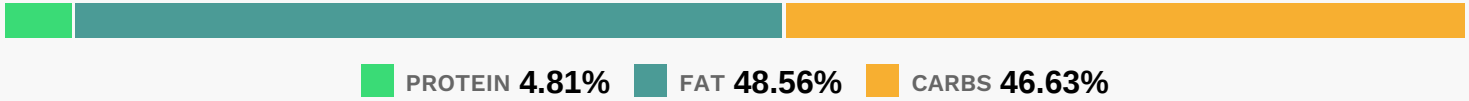
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ spatula
- ☐ tongs
- ☐ candy thermometer

Directions

- ☐ Pour the warm milk into a large bowl.
- ☐ Mix 1 tablespoon of the granulated sugar, the yeast, and a heaping tablespoon of the flour into the milk, mixing with a whisk, until both the sugar and the yeast have dissolved.
- ☐ Once bubbles have developed on the surface of the milk and it begins to foam, whisk in the butter, salt, and vanilla.
- ☐ Add the remaining flour and sugar, folding them into the wet ingredients with a large rubber spatula. Knead the dough by hand in the bowl for about 5 minutes, then cover the bowl with plastic wrap and refrigerate the dough for 6–8 hours.
- ☐ Remove the dough from the refrigerator and roll out on a floured surface to a thickness of 1/4 inch.
- ☐ Cut into 2-inch squares, cover loosely with plastic wrap, and allow the beignets to rise for about an hour.
- ☐ Heat the oil in a large deep skillet over high heat until it reaches 350°F. Use a candy thermometer to check temperature. Fry the beignets in small batches in the hot oil, turning them every 30 seconds or so with tongs, until golden brown all over. Use tongs to remove beignets from the oil and drain on paper towels.

- ☐
- Put the powdered sugar into a fine-mesh strainer and dust the warm beignets generously with the sugar.
- ☐
- Reprinted with permission from My New Orleans: The Cookbook, by John Besh., © September 2009 Andrews McMeel Publishing

Nutrition Facts



Properties

Glycemic Index:7.77, Glycemic Load:11.67, Inflammation Score:-2, Nutrition Score:3.4191304523012%

Nutrients (% of daily need)

Calories: 174.82kcal (8.74%), Fat: 9.49g (14.61%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 20g (7.27%), Sugar: 7.69g (8.54%), Cholesterol: 9.11mg (3.04%), Sodium: 66.75mg (2.9%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.11g (4.23%), Vitamin B1: 0.16mg (10.75%), Folate: 36.07µg (9.02%), Selenium: 5.9µg (8.44%), Vitamin E: 1.15mg (7.65%), Vitamin B2: 0.11mg (6.21%), Manganese: 0.12mg (5.76%), Vitamin B3: 1.09mg (5.44%), Vitamin K: 4.6µg (4.38%), Iron: 0.78mg (4.35%), Phosphorus: 28.61mg (2.86%), Vitamin A: 107.72IU (2.15%), Fiber: 0.51g (2.05%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.59mg (1.36%), Copper: 0.03mg (1.28%), Magnesium: 4.85mg (1.21%), Zinc: 0.17mg (1.15%)