



## Beignets from Café Beignet

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

SIDE DISH

## Ingredients

- ☐ 12 servings powdered sugar
- ☐ 2 cups self raising flour
- ☐ 3 tablespoons shortening chilled cut into pieces
- ☐ 1 tablespoon sugar
- ☐ 12 servings vegetable oil
- ☐ 0.8 cup water hot

## Equipment

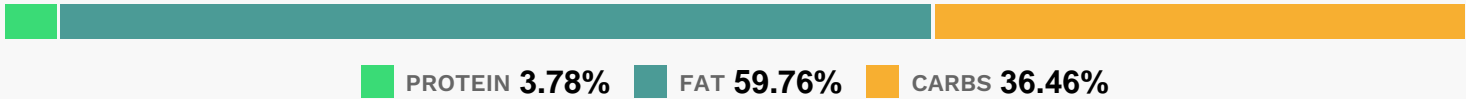
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ blender
- ☐ wax paper
- ☐ dutch oven

## Directions

- ☐ Place flour in a large bowl.
- ☐ Cut shortening into flour with a pastry blender or fork until crumbly.
- ☐ Combine hot water and sugar in a small bowl, stirring until sugar dissolves.
- ☐ Let cool to room temperature; add vanilla, if desired.
- ☐ Add sugar mixture to flour mixture, stirring with a fork just until dry ingredients are moistened. (Dough will be sticky.)
- ☐ Pour oil to depth of 3 inches in a Dutch oven; heat to 37
- ☐ Meanwhile, turn dough out onto a well floured surface, and knead lightly 3 or 4 times.
- ☐ Roll dough to 1/4-inch thickness; cut into 2-inch squares, and place on wax paper-lined baking sheets.
- ☐ Let dough rest 10 minutes.
- ☐ Fry beignets, in batches, 1 minute on each side or until golden brown.
- ☐ Drain on paper towels, and dust generously with powdered sugar.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:11.42, Glycemic Load:10.49, Inflammation Score:-1, Nutrition Score:3.1660870239948%

## Nutrients (% of daily need)

Calories: 262.23kcal (13.11%), Fat: 17.55g (27%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 23.59g (8.58%), Sugar: 8.89g (9.87%), Cholesterol: 0mg (0%), Sodium: 1.45mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin K: 27.51µg (26.2%), Selenium: 8.32µg (11.89%), Vitamin E: 1.42mg (9.5%), Manganese: 0.17mg (8.27%), Copper: 0.04mg (2.05%), Phosphorus: 20.21mg (2.02%), Fiber: 0.5g (2%), Folate: 6.88µg (1.72%), Magnesium: 5.36mg (1.34%), Zinc: 0.18mg (1.2%), Vitamin B1: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.13%), Iron: 0.2mg (1.1%), Vitamin B3: 0.21mg (1.04%)