



Beignets with Quick Homemade Blackberry Jam

 Vegetarian

READY IN



155 min.

SERVINGS



4

CALORIES



5009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry
- 1 quart blackberries fresh hulled ripe
- 4 servings garnish: blackberry jam quick
- 2 quarts canola oil plus more to oil bowl
- 4 servings confectioners' sugar
- 1 large eggs
- 3.5 cups flour all-purpose divided

- 0.3 cup granulated sugar
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.5 teaspoon nutmeg freshly grated
- 0.8 teaspoon salt
- 0.5 cup caster sugar
- 2 tablespoons butter unsalted softened
- 0.8 cup warm water
- 0.5 cup milk whole

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- pot
- blender
- plastic wrap
- kitchen thermometer
- slotted spoon
- deep fryer

Directions

- Mix the yeast, water, and sugar in a mixer bowl fitted with a dough hook.
- Let stand until foamy, about 5 minutes.
- Add the salt, lemon zest, nutmeg, egg, milk, and 1 1/2 cups flour; mix on medium speed until combined.
- Add the butter; mix until incorporated.

- Add 1 3/4 cups flour, and mix until the dough comes together. Turn the dough onto a lightly floured surface. Knead in the remaining 1/4 cup flour by hand until the dough is smooth, about 5 minutes.
- Place the dough in a lightly oiled bowl, cover loosely with plastic wrap, and let stand in a warm, draft-free spot until doubled in size, about 1 hour.
- Remove the dough from the bowl and punch down.
- Roll out the dough on a lightly floured surface to 1/2-inch thickness.
- Cut out circles with a 1-inch round cutter; place on a floured baking sheet.
- Let rise in a warm, draft-free spot for 30 minutes.
- Heat the oil in a medium pot or deep fryer until it registers 350 degrees F on a deep fry thermometer. Fry the beignets in batches, rolling them around constantly with a slotted spoon, until golden brown all over, 1 to 2 minutes.
- Transfer the beignets with the slotted spoon to a platter lined with paper towels and dust with confectioners' sugar.
- Serve warm with the jam.
- Put the blackberries in a food processor and process until coarsely chopped.
- Transfer the mixture to a large skillet and stir in the sugar and lemon juice. Bring to a boil over medium-high heat, stirring occasionally, and cook until the jam is thickened about 10 minutes.
- Transfer to a bowl and let come to room temperature.

Nutrition Facts

PROTEIN 1.42% **FAT 85.38%** **CARBS 13.2%**

Properties

Glycemic Index:100.8, Glycemic Load:97.16, Inflammation Score:-10, Nutrition Score:41.332608347354%

Flavonoids

Cyanidin: 236.47mg, Cyanidin: 236.47mg, Cyanidin: 236.47mg, Cyanidin: 236.47mg Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 87.68mg, Catechin: 87.68mg, Catechin: 87.68mg, Catechin: 87.68mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 5009.15kcal (250.46%), Fat: 483.63g (744.04%), Saturated Fat: 39.67g (247.94%), Carbohydrates: 168.28g (56.09%), Net Carbohydrates: 151.97g (55.26%), Sugar: 68.59g (76.21%), Cholesterol: 65.21mg (21.74%), Sodium: 480.89mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin E: 85.99mg (573.23%), Vitamin K: 385.17µg (366.83%), Manganese: 2.3mg (115.2%), Folate: 310.8µg (77.7%), Vitamin B1: 1.13mg (75.29%), Vitamin C: 55mg (66.67%), Fiber: 16.32g (65.27%), Selenium: 43.34µg (61.92%), Vitamin B2: 0.8mg (47.05%), Vitamin B3: 8.76mg (43.81%), Iron: 6.94mg (38.57%), Copper: 0.6mg (30.04%), Phosphorus: 243.69mg (24.37%), Magnesium: 79.87mg (19.97%), Potassium: 607.71mg (17.36%), Vitamin B5: 1.7mg (17%), Zinc: 2.49mg (16.57%), Vitamin A: 799.09IU (15.98%), Calcium: 139.38mg (13.94%), Vitamin B6: 0.19mg (9.72%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.69µg (4.6%)