



Biscuit Beignets

 Dairy Free

READY IN



8 min.

SERVINGS



6

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 12 oz biscuits refrigerated canned
- ☐ 6 servings garnish: powdered sugar
- ☐ 6 servings vegetable oil

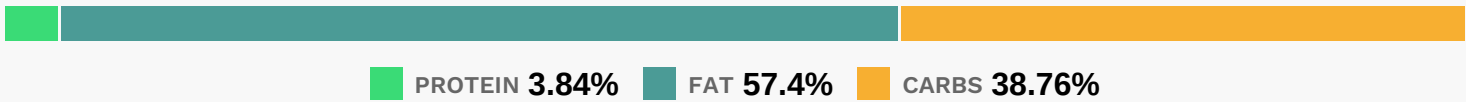
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Separate biscuits into individual rounds, and cut into quarters.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven, heat over medium heat to 35
- ☐ Fry biscuit quarters, in batches, 1 to 1 1/2 minutes on each side or until golden.
- ☐ Drain on paper towels, and dust generously with powdered sugar.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Pillsbury Golden
- ☐ Layers Buttermilk Biscuits.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:17.4, Inflammation Score:-2, Nutrition Score:7.2321738427424%

Nutrients (% of daily need)

Calories: 361.83kcal (18.09%), Fat: 23.36g (35.93%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 34.75g (12.63%), Sugar: 9.8g (10.89%), Cholesterol: 0.57mg (0.19%), Sodium: 534.27mg (23.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin K: 28.07µg (26.73%), Phosphorus: 243.81mg (24.38%), Vitamin B1: 0.24mg (16.14%), Selenium: 10.71µg (15.3%), Vitamin E: 1.89mg (12.62%), Manganese: 0.22mg (11.13%), Iron: 1.88mg (10.44%), Folate: 39.69µg (9.92%), Vitamin B2: 0.17mg (9.83%), Vitamin B3: 1.9mg (9.5%), Potassium: 127.17mg (3.63%), Fiber: 0.74g (2.95%), Calcium: 27.86mg (2.79%), Magnesium: 9.64mg (2.41%), Copper: 0.05mg (2.38%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.17mg (1.7%), Vitamin B6: 0.03mg (1.33%), Vitamin B12: 0.08µg (1.32%)