



Blue Crab Beignets

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.5 teaspoons kosher salt plus more
- ☐ 1 cup lager
- ☐ 6 ounces lump crab meat fresh blue picked over
- ☐ 0.3 cup mascarpone cheese
- ☐ 0.5 small shallots finely chopped

☐ 4 cups vegetable oil for frying

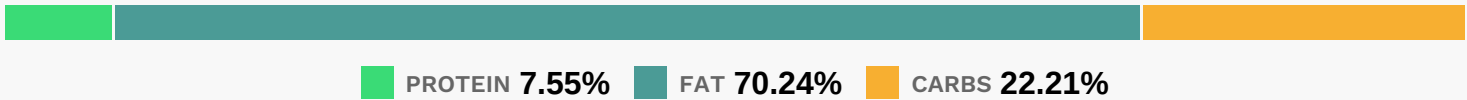
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine shallot, crabmeat, mascarpone, and chives in a medium bowl; season with salt. Gently fold to combine. Set aside.
- ☐ Pour oil into a large saucepan fitted with a deep-fry thermometer to a depth of 6".
- ☐ Heat oil over medium-high heat until thermometer registers 375°F.
- ☐ Meanwhile, whisk flour, cornstarch, baking powder, and 1/2 teaspoons salt in a large bowl. Gradually whisk in beer, just to blend (batter will be thick).
- ☐ Working in batches of about 4 and returning oil to 375°F between batches, measure 1 heaping tablespoon crab mixture, roll into a ball, and drop into batter. Using a fork, toss to coat and lift from batter, letting excess drip back into bowl. Carefully lower beignets into oil. Fry, turning occasionally, until crisp and deep golden brown, about 4 minutes.
- ☐ Transfer to a paper towel-lined plate and season with salt.
- ☐ DO AHEAD: Crab mixture can be made 4 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.54, Glycemic Load:6.33, Inflammation Score:-3, Nutrition Score:5.9752173890238%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 229.78kcal (11.49%), Fat: 17.54g (26.98%), Saturated Fat: 4g (24.98%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 12.13g (4.41%), Sugar: 0.11g (0.13%), Cholesterol: 12.2mg (4.07%), Sodium: 326.28mg (14.19%), Alcohol: 0.77g (100%), Alcohol %: 0.75% (100%), Protein: 4.24g (8.48%), Vitamin K: 27.3µg (26%), Vitamin B12: 1.28µg (21.33%), Selenium: 8.93µg (12.75%), Vitamin E: 1.2mg (7.97%), Calcium: 77.13mg (7.71%), Copper: 0.15mg (7.5%), Phosphorus: 68.19mg (6.82%), Folate: 27.1µg (6.77%), Zinc: 0.93mg (6.18%), Vitamin B1: 0.09mg (5.98%), Vitamin B3: 0.88mg (4.38%), Manganese: 0.08mg (4.19%), Iron: 0.72mg (3.99%), Vitamin B2: 0.06mg (3.7%), Magnesium: 11.12mg (2.78%), Vitamin A: 101.83IU (2.04%), Vitamin B6: 0.04mg (1.94%), Vitamin C: 1.22mg (1.48%), Potassium: 49.92mg (1.43%), Fiber: 0.35g (1.42%), Vitamin B5: 0.11mg (1.07%)