



## Brussels Sprout Beignets with Bacon Aioli

READY IN



45 min.

SERVINGS



30

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 30 servings bacon aioli
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound brussels sprouts
- ☐ 1 cup flour all-purpose
- ☐ 3 large garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup milk
- ☐ 3 tablespoons olive oil

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 30 servings vegetable oil

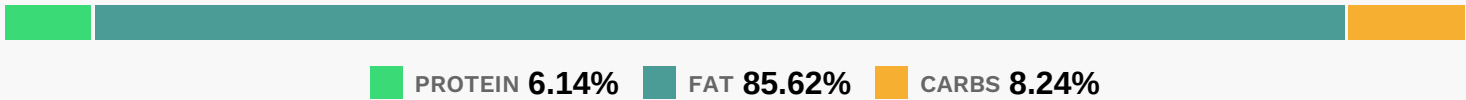
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Chop 1/2 pound Brussels sprouts; cut remaining Brussels sprouts in half.
- ☐ Saut chopped Brussels sprouts in hot olive oil in a large skillet over medium-high heat 7 minutes or until golden; add garlic and crushed red pepper. Saut 30 seconds.
- ☐ Remove from heat; cool.
- ☐ Combine flour and next 3 ingredients in a large bowl; whisk in milk. Stir in cooked and uncooked Brussels sprouts.
- ☐ Pour vegetable oil to depth of 3 inches into a Dutch oven; heat to 37
- ☐ Drop batter by heaping tablespoonfuls into hot oil. Fry beignets 2 minutes on each side or until golden.
- ☐ Drain well on paper towels.
- ☐ Serve with Bacon Aoli.

## Nutrition Facts



## Properties

Glycemic Index:9.97, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:6.508695617966%

## Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 253.89kcal (12.69%), Fat: 24.42g (37.57%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.58g (1.66%), Sugar: 0.64g (0.71%), Cholesterol: 15.25mg (5.08%), Sodium: 250.9mg (10.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin K: 53.46µg (50.91%), Vitamin C: 12.95mg (15.69%), Vitamin E: 1.59mg (10.58%), Selenium: 6.24µg (8.92%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 57.72mg (5.77%), Vitamin B6: 0.1mg (5.07%), Manganese: 0.09mg (4.59%), Folate: 16.87µg (4.22%), Vitamin B2: 0.06mg (3.59%), Potassium: 118.03mg (3.37%), Iron: 0.54mg (3%), Fiber: 0.71g (2.83%), Calcium: 28.14mg (2.81%), Vitamin A: 137.18IU (2.74%), Zinc: 0.38mg (2.55%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.21mg (2.12%), Magnesium: 7.98mg (1.99%), Copper: 0.03mg (1.37%), Vitamin D: 0.16µg (1.03%)