



Crawfish Beignets with Spicy Remoulade

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup capers chopped
- ☐ 1 Dash cayenne pepper
- ☐ 1 teaspoon cayenne pepper
- ☐ 1.5 cups crawfish tails cooked chopped
- ☐ 0.3 cup dijon mustard
- ☐ 2 cups flour all-purpose
- ☐ 2 cloves garlic minced finely chopped

- ☐ 2 green onions chopped green and white part
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup horseradish prepared drained
- ☐ 3 dashes hot sauce your favorite recommended: Louisiana, Tabasco or
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon parsley leaves italian chopped
- ☐ 3 tablespoons parsley leaves italian chopped
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 1 cups shrimp/seafood stock

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

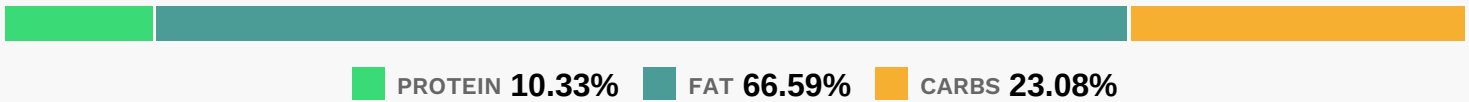
Directions

- ☐ Mix together all the dry ingredients in a large bowl.
- ☐ Add the lemon zest, garlic, crawfish, parsley and hot sauce.
- ☐ Mix gently to combine.
- ☐ Add the water or stock slowly until a loose dough is formed. Set aside for 15 minutes.
- ☐ In a deep-fryer or heavy-bottomed pot, heat enough canola or peanut oil to come halfway up the sides of the pot, to 350 degrees F.
- ☐ Spoon 1 heaping teaspoon dough into hot oil and cook in batches until deep golden brown, about 3 to 4 minutes.

- ☐
- Remove from the oil and drain on paper towels.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:18.51, Inflammation Score:-6, Nutrition Score:18.133043563884%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 490.61kcal (24.53%), Fat: 36.5g (56.15%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 26.22g (9.53%), Sugar: 1.38g (1.53%), Cholesterol: 72.53mg (24.18%), Sodium: 980.77mg (42.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Vitamin K: 90.72µg (86.4%), Selenium: 29.82µg (42.59%), Calcium: 244.98mg (24.5%), Vitamin B12: 1.44µg (23.99%), Phosphorus: 238.9mg (23.89%), Manganese: 0.47mg (23.65%), Vitamin E: 3.49mg (23.3%), Folate: 79.15µg (19.79%), Vitamin B1: 0.29mg (19.64%), Copper: 0.37mg (18.54%), Iron: 3.12mg (17.36%), Vitamin B3: 3.23mg (16.16%), Vitamin B2: 0.23mg (13.64%), Vitamin C: 9.98mg (12.09%), Fiber: 2.25g (9.01%), Magnesium: 35.38mg (8.84%), Zinc: 1.16mg (7.71%), Vitamin A: 374.6IU (7.49%), Potassium: 251.61mg (7.19%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.48mg (4.79%)