



Crawfish-Eggplant Beignets with Remoulade Sauce

READY IN



45 min.

SERVINGS



48

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup celery finely chopped
- 1 pound crawfish tails peeled coarsely chopped
- 1 medium eggplant peeled chopped
- 3 large eggs lightly beaten
- 3 cups flour all-purpose
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground pepper red

- 48 servings rémoulade sauce
- 1.5 cups milk
- 0.5 cup onion chopped
- 1.5 teaspoons salt
- 2 tablespoons vegetable oil
- 48 servings vegetable oil

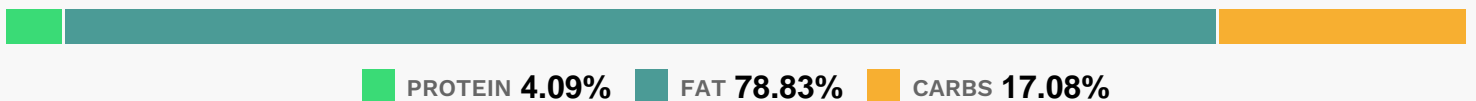
Equipment

- frying pan
- paper towels
- whisk
- dutch oven

Directions

- Heat 2 tablespoons oil in a large skillet over medium-high heat.
- Add eggplant and next 4 ingredients; cook 7 minutes or until vegetables are tender, stirring occasionally.
- Add crawfish; cook 3 minutes.
- Remove from heat, and cool.
- Pour oil to depth of 3 inches in a Dutch oven; heat to 36
- Whisk together eggs and next 3 ingredients; whisk in flour just until moistened. Fold in eggplant mixture. Drop batter by heaping tablespoonfuls into hot oil. Fry beignets, a few at a time, 3 minutes or until golden, turning once.
- Drain on paper towels.
- Serve immediately with Remoulade Sauce.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:3.6339130310909%

Flavonoids

Delphinidin: 8.18mg, Delphinidin: 8.18mg, Delphinidin: 8.18mg, Delphinidin: 8.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 171.77kcal (8.59%), Fat: 15.23g (23.42%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.05g (1.16%), Cholesterol: 14.09mg (4.7%), Sodium: 111.62mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin K: 27.36µg (26.06%), Vitamin E: 1.27mg (8.48%), Selenium: 4.18µg (5.98%), Vitamin B1: 0.07mg (4.81%), Folate: 18.53µg (4.63%), Manganese: 0.08mg (4.13%), Vitamin B2: 0.07mg (4.05%), Phosphorus: 31.7mg (3.17%), Vitamin B3: 0.56mg (2.79%), Iron: 0.48mg (2.67%), Calcium: 24.22mg (2.42%), Fiber: 0.54g (2.17%), Vitamin B12: 0.1µg (1.74%), Potassium: 53.14mg (1.52%), Vitamin B5: 0.15mg (1.47%), Copper: 0.03mg (1.45%), Vitamin B6: 0.03mg (1.3%), Magnesium: 5.04mg (1.26%), Zinc: 0.16mg (1.09%)