



## French Market Beignets

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 package yeast dry
- ☐ 1 eggs beaten
- ☐ 1 cup evaporated milk
- ☐ 3 cups flour all-purpose sifted
- ☐ 30 servings powdered sugar sifted
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 30 servings vegetable oil

☐ 0.5 cup water (105° to 115°)

## Equipment

☐ paper towels

☐ mixing bowl

## Directions

☐ Dissolve yeast in warm water in a large mixing bowl, stirring well; let stand 5 minutes or until bubbly.

☐ Add milk, egg, 1/4 cup sugar, and salt; beat well. Gradually blend in flour, mixing well. Cover with a damp cloth, and refrigerate overnight.

☐ Turn dough out onto a heavily floured surface; roll to 1/4-inch thickness.

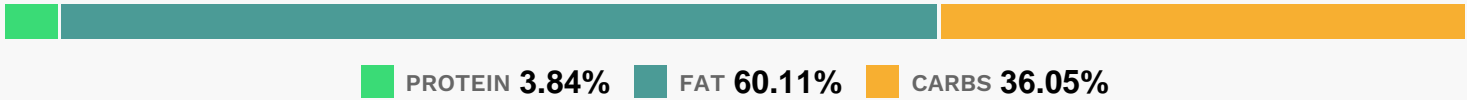
☐ Cut into 2 1/2-inch squares; let rest 10 minutes.

☐ Heat 3 to 4 inches of oil to 375; drop in 3 to 4 beignets at a time. Cook 1 minute or until golden brown on one side; turn and cook other side.

☐ Drain on paper towels; sprinkle with powdered sugar.

☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:8.06, Inflammation Score:-1, Nutrition Score:3.9265217806982%

## Nutrients (% of daily need)

Calories: 220.99kcal (11.05%), Fat: 14.92g (22.95%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.73g (7.18%), Sugar: 10.37g (11.52%), Cholesterol: 7.89mg (2.63%), Sodium: 89.25mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 25.84µg (24.61%), Vitamin B1: 0.13mg (8.56%), Vitamin E: 1.18mg (7.88%), Folate: 29.7µg (7.42%), Selenium: 4.96µg (7.08%), Vitamin B2: 0.11mg (6.25%), Manganese: 0.09mg (4.37%), Vitamin B3: 0.85mg (4.25%), Iron: 0.64mg (3.53%), Phosphorus: 34.94mg (3.49%), Calcium: 24.95mg (2.5%), Vitamin B5: 0.16mg (1.62%), Fiber: 0.4g (1.6%), Magnesium: 5.11mg (1.28%), Zinc: 0.19mg (1.27%), Potassium: 43.29mg (1.24%), Copper: 0.02mg (1.14%)