



Gruyere-and-Parmesan Beignets

READY IN



45 min.

SERVINGS



60

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter unsalted (1 stick)
- 1 cup flour all-purpose
- 1.3 cups gruyere cheese finely grated
- 1.5 cups parmesan cheese finely grated
- 4 large eggs
- 1 serving coarse salt
- 1 serving vegetable oil for frying

Equipment

- bowl
- baking paper
- whisk
- pot
- blender
- hand mixer
- kitchen thermometer
- spatula
- tongs

Directions

- In a large pot over medium-high heat, bring 1 cup water and butter just to a boil.
- Whisk in flour and stir with a spatula to blend completely.
- Transfer mixture to the bowl of an electric mixer fitted with the paddle attachment.
- Add cheeses and mix on high speed until well combined. With mixer on low, add eggs, one at a time, mixing well after each addition; season with salt.
- Transfer batter to refrigerator and let chill for 30 minutes.
- Drop tablespoon-size balls of batter about 1-inch apart onto 12-by-2-inch pieces of parchment paper; refrigerate until ready to serve, up to 3 days. Beignets may also be frozen for up to 1 month.
- Fill a large heavy-bottomed pot 4 inches high with oil.
- Heat oil until it reaches 350 degrees on a deep-fry thermometer. Working in batches, carefully place entire piece of parchment into hot oil. Using tongs, carefully remove parchment from oil and discard. Fry beignets until golden and crisp, 3 to 5 minutes.
- Serve immediately.

Nutrition Facts

 PROTEIN 18.37%  FAT 65.56%  CARBS 16.07%

Properties

Glycemic Index:1.25, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:1.4104347889838%

Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 3.51g (5.39%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.03g (0.03%), Cholesterol: 21.67mg (7.22%), Sodium: 71.6mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Calcium: 52.51mg (5.25%), Selenium: 3.02µg (4.32%), Phosphorus: 41.79mg (4.18%), Vitamin B2: 0.04mg (2.5%), Vitamin A: 112.97IU (2.26%), Vitamin B12: 0.11µg (1.84%), Zinc: 0.27mg (1.83%), Folate: 5.86µg (1.47%), Vitamin B1: 0.02mg (1.34%)