



## Lemon-Ricotta Beignets

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings confectioners' sugar
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 cup ricotta
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

☐ 4 servings vegetable oil

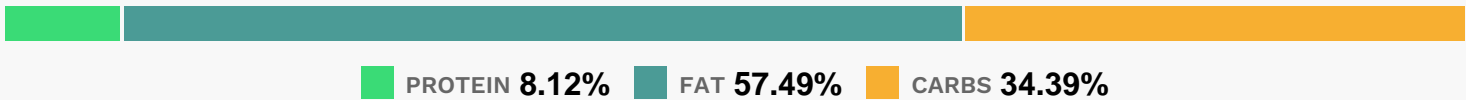
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ tongs
- ☐ candy thermometer

## Directions

- ☐ Heat 2 inches vegetable oil in a large deep pot over medium-high heat until it reaches 350F on a candy thermometer. (As oil is heating, watch thermometer carefully and adjust heat to keep oil from getting too hot.) Line a large plate with paper towels.
- ☐ In a large bowl, stir together egg, sugar, ricotta, lemon zest, vanilla, flour and salt until smooth.
- ☐ Drop heaping teaspoonfuls of batter into hot oil and fry, turning once with tongs or a slotted spoon, until beignets are golden, 2 to 3 minutes total.
- ☐ Remove beignets with a slotted spoon and place on a paper towel-lined plate briefly to drain. Dust with confectioners' sugar, if desired, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:43.02, Glycemic Load:12.29, Inflammation Score:-2, Nutrition Score:5.5443478304407%

## Nutrients (% of daily need)

Calories: 300.82kcal (15.04%), Fat: 19.34g (29.76%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.72g (9.35%), Sugar: 17.04g (18.93%), Cholesterol: 62.31mg (20.77%), Sodium: 54mg (2.35%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 6.15g (12.29%), Vitamin K: 26.16µg (24.91%), Selenium: 11.97µg (17.1%), Vitamin B2: 0.17mg (10.17%), Vitamin E: 1.32mg (8.78%), Phosphorus: 85.04mg (8.5%), Calcium:

73.3mg (7.33%), Folate: 28.69µg (7.17%), Vitamin B1: 0.09mg (6.07%), Iron: 0.83mg (4.64%), Vitamin A: 205.57IU (4.11%), Zinc: 0.6mg (3.98%), Manganese: 0.08mg (3.91%), Vitamin B12: 0.22µg (3.61%), Vitamin B3: 0.66mg (3.3%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.31µg (2.08%), Vitamin B6: 0.04mg (1.99%), Magnesium: 7.3mg (1.82%), Potassium: 62.43mg (1.78%), Copper: 0.03mg (1.61%), Fiber: 0.31g (1.23%)