



New Orleans Beignets

READY IN



288 min.

SERVINGS



48

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 oz yeast dry
- ☐ 6.5 cups bread flour
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup evaporated milk
- ☐ 0.5 cup granulated sugar
- ☐ 48 servings powdered sugar sifted
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 48 servings vegetable oil

☐ 1.5 cups water divided (105° to 115°)

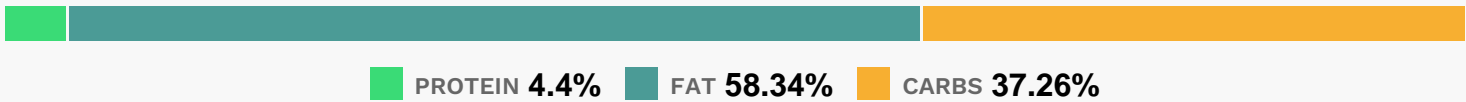
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ stand mixer
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Combine yeast, 1/2 cup warm water, and 1 tsp. granulated sugar in bowl of a heavy-duty stand mixer; let stand 5 minutes.
- ☐ Add milk, eggs, salt, and remaining granulated sugar.
- ☐ Form a dough: Microwave remaining 1 cup water until hot (about 115); stir in shortening until melted.
- ☐ Add to yeast mixture. Beat at low speed, gradually adding 4 cups flour, until smooth. Gradually add remaining 2 1/2 to 3 cups flour, beating until a sticky dough forms.
- ☐ Transfer to a lightly greased bowl; turn to grease top. Cover and chill 4 to 24 hours.
- ☐ Roll and cut: Turn dough out onto a floured surface; roll to 1/4-inch thickness.
- ☐ Cut into 2 1/2-inch squares.
- ☐ Pour oil to depth of 2 to 3 inches into a Dutch oven; heat to 36
- ☐ Fry dough, in batches, 2 to 3 minutes on each side or until golden brown.
- ☐ Drain on a wire rack. Dust immediately with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:9.41, Inflammation Score:-1, Nutrition Score:3.3747826021003%

Nutrients (% of daily need)

Calories: 243.99kcal (12.2%), Fat: 15.96g (24.56%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 22.94g (7.65%),
Net Carbohydrates: 22.49g (8.18%), Sugar: 10.49g (11.66%), Cholesterol: 9.27mg (3.09%), Sodium: 57.98mg (2.52%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 26.4µg (25.15%), Selenium: 7.55µg
(10.79%), Vitamin E: 1.31mg (8.72%), Manganese: 0.14mg (6.8%), Phosphorus: 32.14mg (3.21%), Folate: 10.44µg
(2.61%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.03mg (2.22%), Copper: 0.04mg (1.79%), Calcium: 17.82mg
(1.78%), Fiber: 0.45g (1.78%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.22mg (1.5%), Magnesium: 5.9mg (1.47%), Vitamin
B3: 0.24mg (1.2%), Iron: 0.21mg (1.18%), Potassium: 37.33mg (1.07%)