



New Orleans Calas

 Vegetarian  Dairy Free

READY IN



610 min.

SERVINGS



1

CALORIES



1585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons active yeast dry
- 3 large eggs lightly beaten
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon granulated sugar
- 0.3 teaspoon ground nutmeg
- 1 serving powdered sugar
- 0.5 cup rice medium-grain uncooked

- 0.8 teaspoon salt divided
- 1 serving vegetable oil
- 0.5 cup warm water (100° to 110°)

Equipment

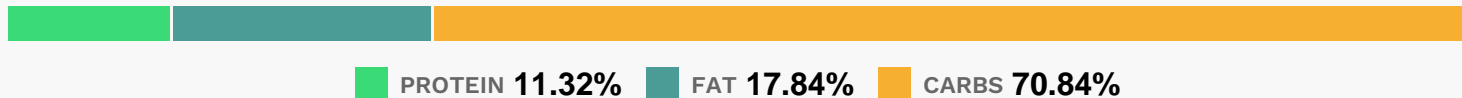
- bowl
- frying pan
- paper towels
- sauce pan
- plastic wrap
- potato masher
- measuring cup
- dutch oven

Directions

- Bring 6 cups water to a boil in a saucepan over medium-high heat. Stir in rice and 1/4 tsp. salt. Reduce heat to medium, and cook, stirring often, 25 to 30 minutes. (Rice will be very soft and thick.)
- Remove from heat, and drain.
- Place 1 1/2 cups cooked rice in a bowl, discarding remaining rice. Mash rice with a potato masher 30 seconds. Cool 20 minutes or until lukewarm.
- Stir together warm water, yeast, and 1 tsp. granulated sugar in a 1-cup glass measuring cup; let stand 5 minutes. Stir yeast mixture into rice. Cover with plastic wrap, and let stand in a warm place (80 to 85), free from drafts, 8 to 12 hours.
- Stir eggs into rice mixture.
- Combine flour, next 2 ingredients, and remaining 1/2 tsp. salt. Stir flour mixture into rice mixture. Cover with plastic wrap, and let stand in a warm place (80 to 85), free from drafts, 30 minutes.
- Meanwhile, pour oil to depth of 3 inches into a deep cast-iron skillet or large Dutch oven; heat to 35

- Drop dough by rounded tablespoonfuls into hot oil, and fry, in batches, 3 minutes or until golden brown.
- Drain on paper towels.
- Sprinkle with powdered sugar, and serve immediately.
- Note: We tested with Water Maid Medium-Grain Enriched Rice.

Nutrition Facts



Properties

Glycemic Index:367.18, Glycemic Load:198.12, Inflammation Score:-10, Nutrition Score:45.584782611984%

Nutrients (% of daily need)

Calories: 1584.79kcal (79.24%), Fat: 31.06g (47.79%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 277.56g (92.52%), Net Carbohydrates: 268.88g (97.77%), Sugar: 62.84g (69.82%), Cholesterol: 558mg (186%), Sodium: 1970.1mg (85.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.33g (88.66%), Folate: 721.07µg (180.27%), Selenium: 117.57µg (167.96%), Vitamin B1: 2.38mg (158.96%), Manganese: 2.37mg (118.4%), Vitamin B2: 1.68mg (98.93%), Iron: 15.03mg (83.49%), Vitamin B3: 15.77mg (78.86%), Phosphorus: 603.97mg (60.4%), Vitamin B5: 5.03mg (50.31%), Fiber: 8.68g (34.72%), Copper: 0.63mg (31.41%), Zinc: 4.67mg (31.15%), Vitamin B6: 0.59mg (29.26%), Vitamin K: 26.68µg (25.41%), Vitamin B12: 1.34µg (22.3%), Magnesium: 83.83mg (20.96%), Vitamin D: 3µg (20%), Vitamin E: 2.81mg (18.76%), Vitamin A: 810.51IU (16.21%), Potassium: 504.58mg (14.42%), Calcium: 118.32mg (11.83%)