



Orange-Scented Beignets

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon rosewater

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar divided
- ☐ 1 stick butter unsalted
- ☐ 4 cups vegetable oil for frying
- ☐ 0.5 cup water

Equipment

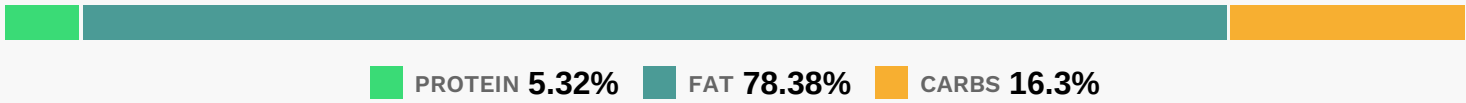
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Sift flour. Bring water, orange juice, lemon zest and juice, butter, rose water, salt, and 2 tablespoons sugar to a boil in a heavy medium saucepan.
- ☐ Add all-purpose flour all at once and stir vigorously with a wooden spoon 3 or 4 times.
- ☐ Remove from heat and stir until all of flour is incorporated and dough forms a ball. Cool 5 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Preheat oven to 200°F with rack in middle.
- ☐ Heat 2 inches oil to 360°F in a wide 4-quart pot over medium- high heat.
- ☐ Meanwhile, stir together almond flour, cinnamon, and remaining 1/4 cup sugar in a shallow bowl.
- ☐ Working in batches of 6, gently drop tablespoons of dough into oil and fry, turning once, until puffed and golden-brown, 3 to 4 minutes per batch.

- ☐
- Transfer with a slotted spoon to paper towels to drain briefly, then keep warm in a shallow baking pan in oven. Return oil to 360°F between batches.
- ☐
- Roll warm beignets in almond sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:2.7095652404039%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.75kcal (7.09%), Fat: 12.52g (19.26%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.57g (2.02%), Sugar: 1.53g (1.7%), Cholesterol: 41.12mg (13.71%), Sodium: 36.99mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin K: 13.75µg (13.09%), Selenium: 4.38µg (6.26%), Vitamin E: 0.8mg (5.31%), Vitamin B2: 0.07mg (3.95%), Folate: 15.19µg (3.8%), Vitamin A: 173.09IU (3.46%), Vitamin C: 2.72mg (3.3%), Vitamin B1: 0.05mg (3.28%), Iron: 0.45mg (2.48%), Phosphorus: 24.17mg (2.42%), Manganese: 0.04mg (2.13%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.17mg (1.66%), Vitamin D: 0.24µg (1.58%), Vitamin B12: 0.08µg (1.37%), Fiber: 0.29g (1.16%), Zinc: 0.15mg (1.01%)