



Oyster Beignets

READY IN



45 min.

SERVINGS



30

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings caper dipping sauce
- ☐ 6 tablespoons butter cut into pieces
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup milk
- ☐ 12 ounce dozens oysters fresh
- ☐ 30 servings vegetable oil

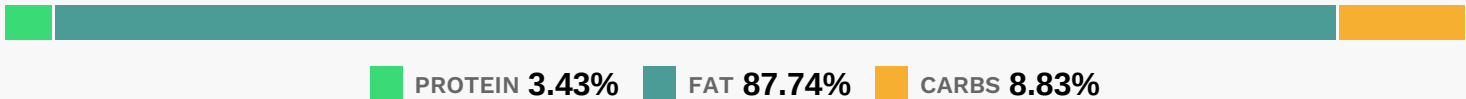
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Drain oysters, reserving 1/2 cup oyster liquor. Coarsely chop oysters; set aside.
- ☐ Combine flour and lemon rind in a small bowl.
- ☐ Combine reserved oyster liquor, milk, and butter in a large saucepan over medium heat, stirring until butter melts.
- ☐ Add flour mixture all at once, beating vigorously with a wooden spoon 1 minute or until mixture leaves sides of pan.
- ☐ Remove from heat.
- ☐ Add eggs, 1 at a time, beating vigorously with a wooden spoon after each addition until smooth. Fold in oysters and chives.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 37
- ☐ Drop oyster mixture by heaping tablespoonfuls into oil. Fry, in batches, 2 to 3 minutes or until golden.
- ☐ Drain on wire racks.
- ☐ Serve immediately with Caper Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:3.2056521669678%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 17.1g (26.31%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.58g (0.64%), Cholesterol: 31.76mg (10.59%), Sodium: 40.37mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin K: 26.23µg (24.98%), Vitamin E: 1.3mg (8.68%), Selenium: 3.8µg (5.43%), Zinc: 0.58mg (3.88%), Vitamin B2: 0.06mg (3.49%), Vitamin B12: 0.19µg (3.09%), Folate: 11.06µg (2.76%), Vitamin B1: 0.04mg (2.56%), Vitamin A: 119.69IU (2.39%), Phosphorus: 23.85mg (2.38%), Copper: 0.04mg (2.21%), Iron: 0.37mg (2.08%), Manganese: 0.04mg (1.77%), Vitamin B5: 0.14mg (1.43%), Vitamin B3: 0.27mg (1.37%), Vitamin D: 0.18µg (1.19%), Calcium: 11.21mg (1.12%)