



Powdered Buttermilk Beignets With Raspberry and Chocolate Dipping Sauce

READY IN



45 min.

SERVINGS



30

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons yeast dry
- 0.5 teaspoon baking soda
- 1.5 cups bread flour
- 1.5 cups buttermilk
- 30 servings canola oil for frying
- 0.3 cup golden syrup
- 0.5 cup half and half
- 0.8 cup milk 1%

- 0.3 cup powdered sugar
- 0.5 cup raspberries frozen
- 2 teaspoons raspberry jam
- 0.3 teaspoon salt
- 4 ounces bittersweet chocolate
- 2.5 tablespoons sugar
- 2 cups flour whole-wheat white

Equipment

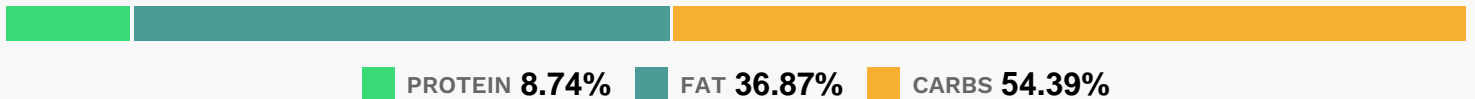
- bowl
- frying pan
- paper towels
- sauce pan
- knife
- whisk
- blender
- spatula
- rolling pin
- dutch oven

Directions

- Raspberry Sauce:**In a saucepan, add the frozen raspberries and powdered sugar.Bring to a simmer and cook for about 3-4 minutes.Gently mash the raspberries with the back of a spatula while they cook.After 4 minutes, remove from heat and add the raspberry jam. You could puree this mixture before serving, but I prefer it chunky.**Chocolate Sauce:**In a saucepan, add the chocolate chips and cream.Allow the chocolate chips to melt, stirring occasionally.
- Heat the 1% milk in a saucepan.Once it starts to simmer, remove pan from heat and add the buttermilk.
- Pour milk into a standing mixer.To the milk, whisk in the yeast and sugar.

- Let sit until foamy, approximately 5 minutes. In a separate bowl, mix the flours, baking soda and salt. Turn the mixer on low speed and slowly add the flour mixture until just incorporated and dough is in the shape of a ball and is slightly sticky. Cover the standing mixer bowl with saran wrap and let sit in a warm, draft-free location for about an hour. After an hour, lightly flour your work surface and pour out your dough. Using as little flour as possible, fold the dough over in half and tuck in the edges to make a ball. Flatten the ball and with a floured rolling pin.
- Roll the ball out into a circle until the circle is about an inch thick. Using a knife or other sharp object cut the dough into any shape you want. I find that cutting the dough into long and thick logs makes the beignets good for dipping.
- Let sit for a few minutes. In the meantime, pour canola oil into a Dutch oven until the oil is about 2-3 inches deep.
- Heat oil to 375 degrees. Once oil is hot, drop in the dough 4-5 at a time and turn frequently. Allow to fry for 2-3 minutes, or until a lovely golden dark brown.
- Transfer the beignets to a drain on a paper towel lined plate.
- Add some powdered sugar to the brown paper bag and drop in 3-4 beignets. Close the bag and shake until the beignets are completely covered in powdered sugar.
- Serve warm with the dipping sauces.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:4.5986956521739%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 47.16%, Saltiness: 5.19%, Sourness: 6.12%, Bitterness: 2.44%, Savoriness: 3.47%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 132.18kcal (6.61%), Fat: 5.52g (8.49%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 16.76g (6.09%), Sugar: 7.03g (7.81%), Cholesterol: 3.25mg (1.08%), Sodium: 56.05mg (2.44%), Caffeine: 3.25mg (1.08%), Protein: 2.94g (5.88%), Manganese: 0.44mg (22.03%), Selenium: 8.5µg (12.14%), Vitamin B1: 0.1mg (6.86%), Phosphorus: 67.87mg (6.79%), Fiber: 1.56g (6.22%), Magnesium: 22.17mg (5.54%), Copper: 0.1mg (4.95%), Vitamin B2: 0.07mg (4.33%), Vitamin E: 0.63mg (4.21%), Folate: 16.6µg (4.15%), Vitamin B3: 0.69mg (3.46%), Iron: 0.62mg (3.42%), Zinc: 0.49mg (3.27%), Calcium: 32.3mg (3.23%), Potassium: 95.01mg (2.71%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.69µg (2.56%), Vitamin B5: 0.23mg (2.28%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.22µg (1.47%)