



## Sour Cream Beignets

 Vegetarian

READY IN



165 min.

SERVINGS



45

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 oz active yeast dry instant (not )
- 0.5 tsp baking soda
- 1 cup knudsen cream sour
- 4.5 cups flour divided
- 0.3 cup granulated sugar divided
- 1 cup milk
- 45 servings oil for frying
- 0.8 cup powdered sugar

- 0.5 tsp salt
- 1 tsp vanilla
- 0.3 cup warm water (105°F to 115°F)

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- knife
- blender
- plastic wrap

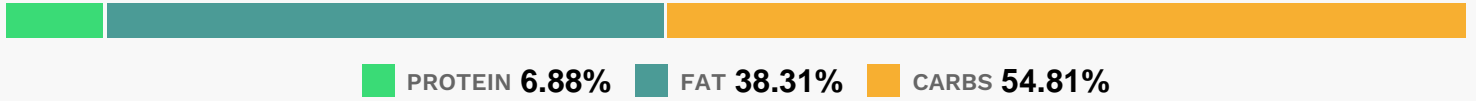
## Directions

- Sprinkle yeast and 1 tsp. granulated sugar over warm water in large bowl; stir until dissolved.
- Let stand 5 min.
- Add remaining granulated sugar, milk, sour cream, vanilla, baking soda, salt and 4-1/2 cups flour; beat with mixer until well blended, stopping occasionally to scrape bottom and side of bowl. Stir in enough of the remaining flour to form soft dough.
- Place dough on lightly floured surface. Knead 10 min. or until smooth and elastic, gradually adding remaining flour if dough is too sticky.
- Place in well-greased bowl; turn dough so top is greased. Cover with plastic wrap.
- Let rise in warm place 1 hour or until doubled in volume.
- Punch down dough; place on sheet of lightly floured parchment paper.
- Roll into 12x9-inch rectangle. Use sharp knife or pizza wheel to cut dough into 48 (1-1/2-inch) squares; separate to allow 1 inch between squares. Cover with plastic wrap.
- Let rise in warm place 1 hour or until doubled in volume.
- Heat 1/2 inch oil in electric skillet to 350F. Gently stretch each square of dough lengthwise into rectangle. Carefully add in batches to hot oil. (Do not crowd dough.) Cook 2 min. or until

each beignet is golden brown on both sides, turning after 1 min.

- Place in single layer on paper towel-covered baking sheets. When all beignets are cooked, sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:4.07, Glycemic Load:7.77, Inflammation Score:-1, Nutrition Score:2.443478230387%

## Nutrients (% of daily need)

Calories: 96.46kcal (4.82%), Fat: 4.1g (6.31%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.83g (4.66%), Sugar: 3.55g (3.94%), Cholesterol: 3.67mg (1.22%), Sodium: 43.92mg (1.91%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.66g (3.31%), Vitamin B1: 0.12mg (7.97%), Folate: 26.87µg (6.72%), Selenium: 4.56µg (6.52%), Vitamin B2: 0.08mg (4.99%), Manganese: 0.09mg (4.35%), Vitamin B3: 0.81mg (4.06%), Vitamin E: 0.52mg (3.46%), Iron: 0.59mg (3.27%), Phosphorus: 23.87mg (2.39%), Vitamin K: 2.13µg (2.03%), Fiber: 0.38g (1.52%), Calcium: 13.85mg (1.39%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.02mg (1.01%), Copper: 0.02mg (1.01%)