Nutrition Facts

Calories in Beignets

Serving Size: 1 serving

Amount Per Serving

Calories 240.0

Total Fat 7.0 g

Saturated Fat 1.0 g

Polyunsaturated Fat 0.0 g

Monounsaturated Fat 0.0 g

Cholesterol 0.0 mg

Sodium 570.0 mg

Potassium 0.0 mg

Total Carbohydrate 36.0 g

Dietary Fiber 0.0 g

Sugars 3.0 g

Protein 6.0 g

1 1/2 cups lukewarm water

1/2 cup granulated sugar

1 envelope active dry yeast

2 eggs, slightly beaten

1 1/4 teaspoons salt

1 cup evaporated milk

7 cups bread flour

1/4 cup shortening

Nonstick spray

Oil, for deep-frying

3 cups confectioners' sugar

Read more at: http://www.foodnetwork.com/recipes/paula-deen/french-quarter-beignets-recipe/index.html?oc=linkback

Beignet (English pronunciation: /bɛnˈjeɪ/; French: [bɛɲɛ], literally bump),[1] synonymous with the English “fritter”, is the French term for a pastry made from deep-fried choux paste.[2] Beignets are commonly known in the U.S. as a dessert served with powdered sugar on top; however, they may be savory dishes as well and may contain meat, vegetables, or fruits.[2] They are traditionally prepared right before consumption to be eaten fresh and hot. Variations of fried dough can be found across cuisines internationally; however, the origin of the term beignet is specifically French. In the U.S., beignets have been popular within New Orleans Creole cuisine and are customarily served as a dessert or in some sweet variation. They were brought to Louisiana in the 18th century by French colonists,[3] from “the old mother country”,[4] and became a large part of home-style Creole cooking, variations often including banana or plantain – popular fruits in the port city.[5][6] Today, Café du Monde is a popular New Orleans food destination specializing in beignets with powdered sugar (served in threes), coffee with chicory, and café au lait.[7] Beignets were declared the official state doughnut of Louisiana in 1986.[8]