



Baked Crescent Churros

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



91 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 1 teaspoon ground cinnamon
- 8 oz regular crescent rolls refrigerated canned
- 2 tablespoons sugar

Equipment

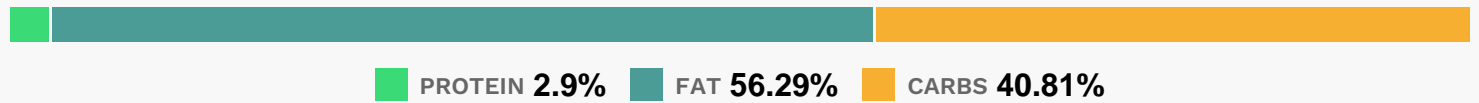
- bowl
- baking sheet
- oven

- knife
- pizza cutter

Directions

- Heat oven to 375F. In small bowl, mix sugar and cinnamon; set aside. Unroll dough; separate into 4 rectangles. Press each to 6x4-inch rectangle, pressing perforations to seal.
- Brush tops of 2 rectangles with some of the melted butter; sprinkle with about half of the sugar mixture. Top each with remaining rectangle; press edges lightly.
- Brush tops with melted butter.
- With sharp knife or pizza cutter, cut each rectangle stack lengthwise into 6 strips. Twist each strip 3 times; place on ungreased cookie sheet.
- Bake 9 to 11 minutes or until golden brown and crisp.
- Brush tops with any remaining melted butter; sprinkle with remaining sugar mixture.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.26739130104366%

Nutrients (% of daily need)

Calories: 91.04kcal (4.55%), Fat: 5.95g (9.15%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 9.62g (3.5%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 170.4mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin A: 83.96IU (1.68%), Manganese: 0.03mg (1.46%), Iron: 0.25mg (1.41%)