



Bisquick® Churros

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

Ingredients

- 2 teaspoons ground cinnamon
- 4 tablespoons sugar
- 30 servings vegetable oil
- 1 cup water hot
- 3.3 cups frangelico
- 3.3 cups frangelico

Equipment

- bowl

- paper towels
- sauce pan
- knife
- kitchen thermometer
- spatula
- kitchen scissors
- pastry bag

Directions

- In 3-quart saucepan, heat oil (2 to 3 inches) over medium-high heat until thermometer inserted in oil reads 375F.
- In small bowl, mix 3 tablespoons of the sugar and the cinnamon; set aside. In medium bowl, stir Bisquick mix, hot water and remaining 1 tablespoon sugar with spatula until dough forms.
- Spoon dough into pastry bag fitted with 1/4-inch star tip. Pipe 5-inch strips of dough into hot oil. If necessary, cut dough with knife or scissors between each churro. Cook 2 to 3 minutes, turning frequently, until golden brown. Carefully remove from oil; drain on paper towels.
- Immediately sprinkle churros generously with sugar-cinnamon mixture.
- Serve warm.

Nutrition Facts

PROTEIN 0.02% **FAT 94.86%** **CARBS 5.12%**

Properties

Glycemic Index:2.5, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:1.4856521420019%

Nutrients (% of daily need)

Calories: 130.25kcal (6.51%), Fat: 14.01g (21.55%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 0.42mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.01%), Vitamin K: 25.79µg (24.56%), Vitamin E: 1.15mg (7.66%), Manganese: 0.02mg (1.17%)