



Churros

 Vegetarian

READY IN



37 min.

SERVINGS



10

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 0.5 stick butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 orange zest
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons sugar

- ☐ 10 servings vegetable oil for deep frying
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Fill a deep-fryer or large Dutch oven halfway with vegetable oil and heat to 350 degrees F.
- ☐ Mix the sugar and cinnamon together in a large shallow bowl, set aside.
- ☐ Combine the butter, water and sugar in a large saucepan over medium-high heat and bring to a boil. Once it has come to a boil, lower to a medium heat and add the flour, orange zest and nutmeg, stirring constantly until it comes away from the pan and it forms a ball.
- ☐ Transfer dough to a bowl and use an electric mixer to help cool it off. At this point you can whisk in the eggs, 1 at a time, until it becomes a smooth batter.
- ☐ Transfer the mixture into a large piping bag fitted with a large star tip. Working in batches, carefully pipe 4-inch long ribbons directly into the hot oil to fry. Fry until golden, turning if necessary, about 2 to 3 minutes.
- ☐ Remove with tongs and drain on paper towels.
- ☐ Transfer the churros into the sugar/cinnamon mixture and toss to coat.
- ☐ Serve immediately while still warm.
- ☐ Addition by Food Network Kitchens after show aired.

Nutrition Facts



 **PROTEIN 7.91%**  **FAT 45.73%**  **CARBS 46.36%**

Properties

Glycemic Index:34.02, Glycemic Load:14.46, Inflammation Score:-2, Nutrition Score:4.2617390985074%

Nutrients (% of daily need)

Calories: 179.93kcal (9%), Fat: 9.24g (14.21%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 20.39g (7.41%), Sugar: 10.9g (12.12%), Cholesterol: 77.62mg (25.87%), Sodium: 62.95mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Selenium: 9.79µg (13.98%), Vitamin B2: 0.15mg (8.67%), Manganese: 0.16mg (8.1%), Folate: 31.74µg (7.93%), Vitamin B1: 0.11mg (7.14%), Vitamin K: 5.76µg (5.49%), Iron: 0.94mg (5.22%), Phosphorus: 50.32mg (5.03%), Vitamin A: 242.5IU (4.85%), Vitamin B3: 0.77mg (3.85%), Vitamin E: 0.56mg (3.76%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.17µg (2.77%), Fiber: 0.69g (2.75%), Vitamin D: 0.35µg (2.35%), Zinc: 0.33mg (2.23%), Vitamin C: 1.65mg (2%), Calcium: 19.94mg (1.99%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.91%), Magnesium: 5.81mg (1.45%), Potassium: 43.68mg (1.25%)