



Churros

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



69 kcal

DESSERT

Ingredients

- 1 serving vegetable oil
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1.3 cups water
- 0.3 cup butter
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 eggs

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- baking paper
- spatula
- dutch oven
- pastry bag

Directions

- In 4- to 5-quart Dutch oven or deep saucepan, heat oil (1 1/2 inches) to 375°F. Line cookie sheet with parchment paper; spray with cooking spray. Line heatproof plate or tray with paper towels.
- In large bowl, mix sugar and cinnamon; set aside.
- In 3-quart saucepan, heat water and butter to rolling boil over high heat. Reduce heat to low; stir in flour and salt. Stir vigorously 30 to 60 seconds, until mixture forms a ball.
- Transfer dough to medium bowl; let stand 5 minutes, then stir in egg with rubber spatula until smooth and glossy.
- Mixture will be sticky.
- Spoon mixture into pastry bag fitted with star tip 845 or 84
- Onto cookie sheet, squeeze dough into 4-inch strips. Working in batches, gently lower dough strips into hot oil. Cook, turning frequently, 3 to 4 minutes, until deep golden brown.
- Drain churros on paper towel-lined plate. Gently coat churros in cinnamon sugar mixture while hot.
- Repeat frying, draining and coating remaining dough strips. Discard remaining cinnamon sugar mixture.
- Serve warm.

Nutrition Facts



■ PROTEIN 6.06% ■ FAT 47.05% ■ CARBS 46.89%

Properties

Glycemic Index:11.12, Glycemic Load:5.78, Inflammation Score:-1, Nutrition Score:1.4569565333912%

Nutrients (% of daily need)

Calories: 69.22kcal (3.46%), Fat: 3.65g (5.61%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.93g (2.88%), Sugar: 2.8g (3.12%), Cholesterol: 15.87mg (5.29%), Sodium: 57.04mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Selenium: 3.16µg (4.51%), Vitamin B1: 0.06mg (3.71%), Folate: 13.96µg (3.49%), Manganese: 0.07mg (3.38%), Vitamin B2: 0.05mg (2.77%), Iron: 0.38mg (2.09%), Vitamin B3: 0.41mg (2.07%), Vitamin A: 92.32IU (1.85%), Vitamin K: 1.71µg (1.63%), Phosphorus: 13.17mg (1.32%), Vitamin E: 0.17mg (1.13%)