

Churros (Deep Fried Dough Spirals)





DESSERT

Ingredients

	2 cups flour all-purpose
	6 servings granulated sugar for sprinkling
	1 inch lemon zest
	2 teaspoons olive oil
	0.3 teaspoon salt
	1.5 quarts vegetable oil for frying extra-virgin (not)
П	2 cups water

Equipment

	paper towels
	sauce pan
	pot
	wooden spoon
	kitchen thermometer
	kitchen towels
	dutch oven
	tongs
	chopsticks
Directions	
	Heat 2 inches oil in a 4-quart Dutch oven or a wide 4-inch-deep heavy pot over high heat until a deep-fat thermometer registers 400°F (oil will be just beginning to smoke). Drop in citrus peel (oil will bubble vigorously) and leave in oil until browned, about 1 minute.
	Remove with tongs.
	While oil is heating, bring water with salt to a boil, covered, in a 11/2- to 2-quart heavy saucepan.
	Add 2 teaspoons olive oil and remove from heat. Immediately add flour and stir vigorously with a wooden spoon until flour and water are combined well (mixture will be stiff and not very smooth). Fill churrera with some hot dough and wrap a kitchen towel around churrera canister to protect your hands.
	Turn screw handle of churrera until dough emerges from star opening. Holding opening about 2 inches above oil, turn handle to squeeze dough into oil in a continuous stream, making a spiral shape. (Spirals take practice; have a helper coax dough into a spiral in oil with a chopstick, keeping dough away from side of pot. For beginners, small coils or any kind of curvy shape is fine.) Stop when dough stream breaks naturally or pot is full.
	Cook until underside is golden, about 11/2 minutes, and turn over with chopsticks. Then cook until golden, about 11/2 minutes more.
	Transfer churro with chopsticks to paper towels to drain and sprinkle with sugar.
	Make more churros in same manner, returning oil to 400°F between batches.
	Break churros into pieces if desired and serve immediately.

Nutrition Facts

PROTEIN 2.72% FAT 69.66% CARBS 27.62%

Properties

Glycemic Index:24.18, Glycemic Load:31.38, Inflammation Score:-5, Nutrition Score:10.652608858502%

Nutrients (% of daily need)

Calories: 628.14kcal (31.41%), Fat: 49.1g (75.54%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 42.65g (15.51%), Sugar: 12.11g (13.45%), Cholesterol: Omg (0%), Sodium: 101.84mg (4.43%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.31g (8.62%), Vitamin K: 87.94µg (83.76%), Vitamin E: 4.09mg (27.26%), Vitamin B1: 0.33mg (21.82%), Selenium: 14.2µg (20.29%), Folate: 76.31µg (19.08%), Manganese: 0.28mg (14.24%), Vitamin B3: 2.46mg (12.31%), Vitamin B2: 0.21mg (12.26%), Iron: 1.96mg (10.89%), Fiber: 1.17g (4.68%), Phosphorus: 45.05mg (4.51%), Copper: 0.07mg (3.7%), Magnesium: 10.02mg (2.51%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.18mg (1.84%), Potassium: 45.53mg (1.3%)