



Churros (Deep Fried Dough Spirals)



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



628 kcal

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)
- ☐ 2 cups water

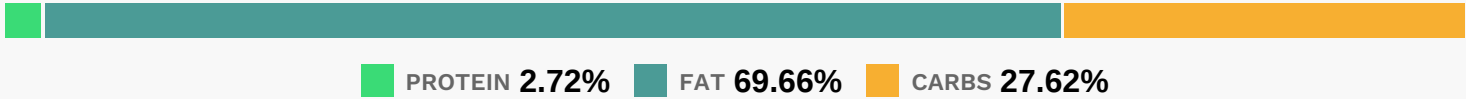
Equipment

- ☐ 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 1 1/2- 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 1 1/2 minutes, and turn over with chopsticks. Then cook until golden, about 1 1/2 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



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: 0mg (0%), Sodium: 101.84mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (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%)