



Churros I

 Vegetarian  Vegan  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- 1.5 cups buttermilk biscuit mix
- 1 tablespoon ground cinnamon
- 4 cups vegetable oil for frying
- 1.3 cups water hot
- 0.5 cup sugar white

Equipment

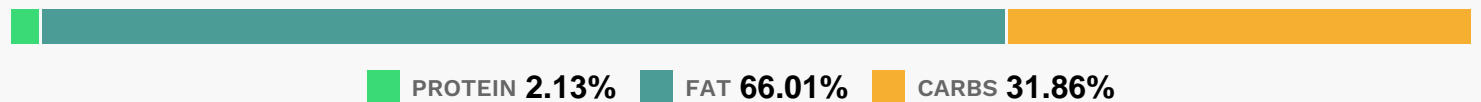
- bowl
- frying pan

- paper towels
- wooden spoon
- pastry bag

Directions

- Fill a deep frying pan 1 1/2 inches deep with vegetable oil.
- Heat to medium-high heat.
- In a medium bowl, combine the water and baking mix. Using a wooden spoon, beat for about 3 to 4 minutes, until the mixture becomes spongy and uniform. Using a pastry bag, pipe 5-inch long strips of batter into the hot oil. For best results, fry only a couple at a time. Cook until golden brown, then drain on paper towels. In a small bowl or saucer, stir together the sugar and cinnamon. Dip fried churros in the sugar to coat.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.9013043476026%

Nutrients (% of daily need)

Calories: 113.2kcal (5.66%), Fat: 8.44g (12.98%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.83g (3.21%), Sugar: 5.04g (5.6%), Cholesterol: 0.15mg (0.05%), Sodium: 96.39mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin K: 13.95µg (13.29%), Phosphorus: 44.09mg (4.41%), Manganese: 0.08mg (4.19%), Vitamin E: 0.61mg (4.08%), Vitamin B1: 0.04mg (2.88%), Folate: 9.4µg (2.35%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.35mg (1.73%), Calcium: 17.18mg (1.72%), Fiber: 0.33g (1.34%), Iron: 0.24mg (1.33%)