



## Churros II

 Dairy Free  Popular

READY IN



160 min.

SERVINGS



24

CALORIES



208 kcal

DESSERT

## Ingredients

- 3 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup butter
- 0.3 teaspoon salt
- 2 quarts vegetable oil for frying
- 1 cup water
- 0.3 cup sugar white

## Equipment

- frying pan
- paper towels
- sauce pan
- pastry bag

## Directions

- In a heavy deep skillet or deep-fryer, heat oil to 360 degrees F (180 degrees C). Oil should be about 1 1/2 inches deep.
- In a medium saucepan, heat water and margarine to a rolling boil.
- Combine the flour and salt; stir into the boiling mixture. Reduce heat to low and stir vigorously until the mixture forms a ball, about 1 minute.
- Remove from heat and beat in the eggs one at a time. Spoon the mixture into a pastry bag fitted with a large star tip.
- Carefully squeeze out 4 inch long strips of dough directly into the hot oil. Fry 3 or 4 strips at once, until golden brown, about 2 minutes on each side.
- Remove from hot oil to drain on paper towels. Stir together the sugar and cinnamon; roll churros in the mixture while still hot.

## Nutrition Facts

**PROTEIN 2.41%** **FAT 85.94%** **CARBS 11.65%**

## Properties

Glycemic Index:6.25, Glycemic Load:4.33, Inflammation Score:-3, Nutrition Score:3.0343477963267%

## Nutrients (% of daily need)

Calories: 208.33kcal (10.42%), Fat: 20.16g (31.02%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 6g (2.18%), Sugar: 2.11g (2.35%), Cholesterol: 20.46mg (6.82%), Sodium: 77.25mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin K: 29.04µg (27.66%), Vitamin E: 1.5mg (9.99%), Selenium: 3.47µg (4.95%), Vitamin A: 198.92IU (3.98%), Vitamin B2: 0.05mg (3.12%), Folate: 12.16µg (3.04%), Vitamin B1: 0.04mg (2.9%), Manganese: 0.04mg (2.04%), Iron: 0.34mg (1.91%), Phosphorus: 17.62mg (1.76%), Vitamin B3: 0.31mg (1.56%), Vitamin B5: 0.11mg (1.11%)