



Churros with Chocolate

READY IN



20 min.

SERVINGS



12

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 6 ounces specialty chocolate chopped flavored
- ☐ 2 eggs
- ☐ 1 pinch kosher salt
- ☐ 12 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 cup self-rising flour
- ☐ 1.5 tablespoons sugar plus more for dredging
- ☐ 1 cup water

Equipment

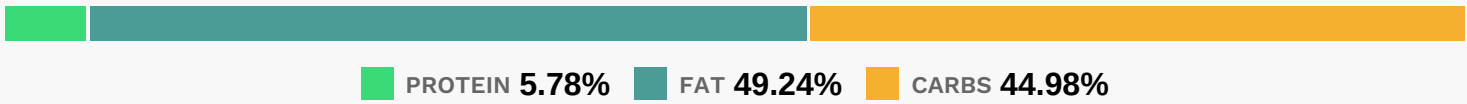
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ stand mixer
- ☐ spatula
- ☐ tongs
- ☐ butter knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Piping bag fitted with a large star decorating tip
- ☐ Make the dough by heating water, sugar and salt in saucepan over medium heat until hot.
- ☐ Add the flour all at once and stir vigorously for 1 minute on the heat to dry the mixture out.
- ☐ Remove from heat and transfer the dough to a stand mixer bowl; mix on low speed until there is no longer steam escaping from the dough. With the mixer running on medium, add the eggs, 1 at a time, incorporating completely until a shiny, smooth texture forms before adding the next egg, and then the egg yolk. Scrape down the mixer bowl with a rubber spatula between each addition.
- ☐ Transfer the dough to the piping bag.
- ☐ Pour oil into a large heavy bottomed pot to a depth of 4 inches; heat over medium-high heat to 375 degrees F.
- ☐ To fry the churros, carefully squeeze the dough from the piping bag directly over the oil in 3 to 4-inch lengths, cutting the dough at the tip with a butter knife and gently dropping them into the oil. Turn frequently with a Chinese strainer or tongs until golden brown, about 3 minutes. Work in batches to prevent overcrowding the pan and allowing the oil to reheat to 375 degrees F between each batch.
- ☐ Drain the churros on a paper towels and then toss in sugar to coat while still warm.

- ☐ Melt the chocolate in a glass bowl set over a pan of barely simmering water. Arrange the curros on a serving platter and serve the chocolate sauce alongside. Enjoy!
- ☐ Cook's Note: Self-rising flour makes the churros a bit lighter and fluffier, but all-purpose flour works just fine. Pick your favorite flavored chocolate; I love the flavor of orange and chocolate or even bacon chocolate with these churros!

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:2.6491304532341%

Nutrients (% of daily need)

Calories: 149.66kcal (7.48%), Fat: 8.62g (13.26%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 16.69g (6.07%), Sugar: 8.84g (9.83%), Cholesterol: 32.4mg (10.8%), Sodium: 8.15mg (0.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.36mg (3.12%), Protein: 2.28g (4.56%), Selenium: 6.22µg (8.89%), Manganese: 0.15mg (7.71%), Copper: 0.11mg (5.29%), Magnesium: 18.97mg (4.74%), Phosphorus: 42.64mg (4.26%), Fiber: 1.03g (4.12%), Vitamin E: 0.6mg (3.97%), Vitamin B2: 0.06mg (3.32%), Iron: 0.57mg (3.16%), Zinc: 0.37mg (2.48%), Folate: 8.24µg (2.06%), Potassium: 54.82mg (1.57%), Vitamin B5: 0.15mg (1.45%), Vitamin B1: 0.02mg (1.1%), Vitamin D: 0.16µg (1.08%), Vitamin B6: 0.02mg (1.02%)