



Churros With Coconut Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar plus more for coating
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 4 tablespoons butter unsalted
- ☐ 0.8 cup coconut milk unsweetened
- ☐ 0.5 teaspoon vanilla extract

- ☐ 30 servings vegetable oil for frying
- ☐ 2.8 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ wooden spoon
- ☐ kitchen thermometer

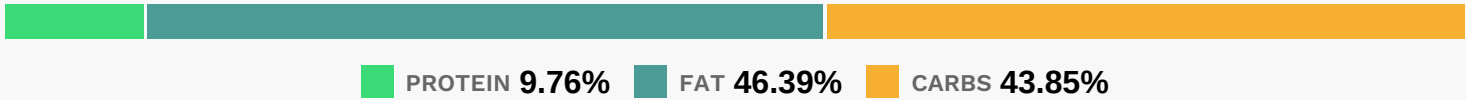
Directions

- ☐ Make the sauce: Cook the condensed milk in a medium saucepan over medium heat, stirring constantly, until it turns a light caramel color and starts to pull away from the sides of the pan, 10 to 15 minutes. Gradually add the coconut milk and whisk until smooth, about 5 minutes; set aside. (You can refrigerate the sauce, covered, up to 2 days; reheat before serving.)
- ☐ Make the churros: Bring the milk, butter, sugar, vanilla and salt to a boil in a medium saucepan over medium-high heat, stirring, until the butter melts and the sugar dissolves. Reduce the heat to medium low; add the flour and stir vigorously with a wooden spoon until the mixture gathers into a glossy ball, about 1 minute.
- ☐ Transfer to a large bowl and let cool slightly, about 5 minutes. Beat in the eggs one at a time with a mixer.
- ☐ Transfer the batter to a piping bag fitted with a 1/2-inch star tip.
- ☐ Fill a shallow dish with sugar for coating the churros (about 1/2 cup).
- ☐ Heat about 2 inches vegetable oil in a wide saucepan until a deep-fry thermometer registers 350 degrees F. Working in batches of about 6, pipe 3-inch-long segments of batter into the hot oil; use a knife to cut off the segments. Fry, turning once, until golden brown, about 3 minutes per batch. (Return the oil to 350degrees F between batches.)

- ☐
- Transfer to a paper towel-lined plate to drain briefly, then roll in the sugar.

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Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:11.39, Inflammation Score:-2, Nutrition Score:4.5691304362339%

Nutrients (% of daily need)

Calories: 160.8kcal (8.04%), Fat: 8.36g (12.86%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 17.33g (6.3%), Sugar: 8.94g (9.93%), Cholesterol: 36mg (12%), Sodium: 55.49mg (2.41%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 3.96g (7.91%), Selenium: 8.71µg (12.44%), Vitamin B2: 0.17mg (10.22%), Phosphorus: 88.09mg (8.81%), Vitamin B1: 0.12mg (7.91%), Calcium: 71.97mg (7.2%), Manganese: 0.14mg (6.85%), Folate: 26.57µg (6.64%), Vitamin K: 5.49µg (5.23%), Iron: 0.77mg (4.3%), Vitamin B12: 0.24µg (4.02%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.35mg (3.48%), Potassium: 120.43mg (3.44%), Vitamin A: 154.21IU (3.08%), Magnesium: 11.71mg (2.93%), Vitamin D: 0.43µg (2.89%), Zinc: 0.42mg (2.83%), Vitamin E: 0.39mg (2.6%), Copper: 0.04mg (1.99%), Vitamin B6: 0.04mg (1.94%), Fiber: 0.44g (1.77%)