



Churros with Spiced Hot Chocolate

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

DESSERT

Ingredients

- 1 cup flour
- 3 cups canola oil for frying ()
- 6 servings spiced chocolate hot
- 0.5 teaspoon kosher salt
- 4 large eggs
- 2 teaspoons ground cinnamon
- 2 teaspoons sugar
- 0.3 cup butter unsalted ()

1 cup milk whole

Equipment

bowl

frying pan

paper towels

sauce pan

knife

whisk

hand mixer

wooden spoon

pastry bag

Directions

Whisk all ingredients in medium bowl to blend.

Bring first 4 ingredients to boil in heavy medium saucepan, stirring until sugar dissolves and butter melts. Reduce heat to medium-low.

Add flour; stir vigorously with wooden spoon until shiny dough mass forms, about 1 minute.

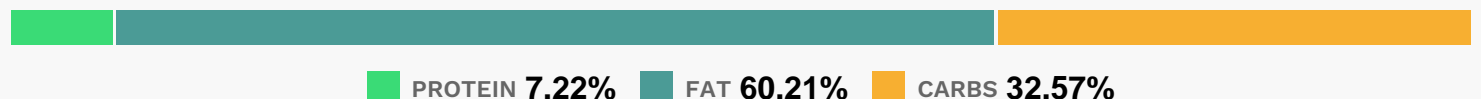
Transfer to large bowl; cool 5 minutes. Using electric mixer, beat in eggs, 1 at a time; continue beating until smooth, shiny, sticky paste forms. (Can be made 2 hours ahead. Cover and let stand at room temperature.)

Heat oil in heavy large skillet over medium heat to 350°F. Working in batches, spoon batter into pastry bag fitted with large star tip. Pipe batter into hot oil in 3 1/2- to 4-inch-long ribbons (use knife if necessary to cut batter at end of star tip) and allow batter to slide into oil. Fry churros until brown and cooked through in center, about 2 minutes per side.

Transfer to paper towels. Cool 5 minutes, then toss in cinnamon sugar to coat.

Serve warm with Spiced Hot Chocolate.

Nutrition Facts



Properties

Glycemic Index:39.85, Glycemic Load:24.76, Inflammation Score:-5, Nutrition Score:12.637826018926%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg

Nutrients (% of daily need)

Calories: 533.81kcal (26.69%), Fat: 35.89g (55.22%), Saturated Fat: 9.02g (56.36%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 41.73g (15.18%), Sugar: 22.09g (24.54%), Cholesterol: 149.22mg (49.74%), Sodium: 408.49mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 9.69g (19.38%), Vitamin E: 4.6mg (30.66%), Selenium: 19.63µg (28.05%), Vitamin B2: 0.48mg (27.99%), Phosphorus: 220.85mg (22.08%), Manganese: 0.35mg (17.33%), Vitamin K: 17.33µg (16.51%), Vitamin B1: 0.23mg (15.14%), Folate: 56.18µg (14.04%), Calcium: 124.15mg (12.42%), Iron: 1.96mg (10.89%), Vitamin B12: 0.64µg (10.59%), Vitamin B5: 1.02mg (10.2%), Vitamin A: 486.27IU (9.73%), Magnesium: 38.78mg (9.69%), Potassium: 338.44mg (9.67%), Vitamin D: 1.26µg (8.37%), Zinc: 1.2mg (7.98%), Copper: 0.16mg (7.87%), Fiber: 1.95g (7.79%), Vitamin B3: 1.48mg (7.39%), Vitamin B6: 0.12mg (6.25%)