



Cinnamon Churros with Mexican Chocolate Dipping Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



865 kcal

SIDE DISH

Ingredients

- ☐ 8 cups canola oil for frying
- ☐ 1.5 cups mexican chocolate
- ☐ 3 medium eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.8 cup heavy cream

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup unbleached flour all-purpose
- ☐ 3 tablespoons butter unsalted

Equipment

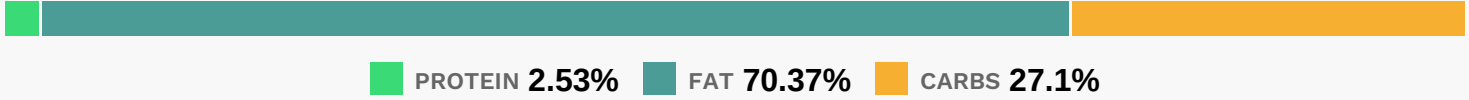
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ broiler
- ☐ spatula
- ☐ slotted spoon
- ☐ dutch oven
- ☐ pastry bag

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large Dutch oven or countertop fryer using a high heat thermometer, bring the canola oil to 375 degrees F.
- ☐ For the chocolate sauce: Bring a double broiler to a simmer over medium-low heat. Carefully melt the chocolate.
- ☐ Remove from the heat. With a wooden spoon or heat resistant spatula, stir in the heavy cream until the sauce is smooth. Set aside.
- ☐ For the churros: Set a large saucepot over medium heat.
- ☐ Add 1 cup water, the butter, sugar and salt. Bring to 155 degrees F, then dump in the flour and stir with a wooden spoon to incorporate and remove lumps, about 1 minute.
- ☐ Using the spoon, add the eggs into the batter one at a time, beating after each addition, until fully incorporated. Spoon the batter into a pastry bag fitted with a star tip and carefully pipe into the heated oil, forming 6-inch strips or free form shapes. Do not overcrowd the pot. Fry for 3 to 5 minutes, turning once as the underside browns.

- ☐
- Remove with a spider or slotted spoon and drain on paper-towel-lined sheet tray or plate.
- ☐
- To finish: Working quickly, combine the sugar and cinnamon together in a large mixing bowl. Gently add the hot churros, tossing to coat.
- ☐
- Serve with the chocolate dipping sauce.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:35.85, Inflammation Score:-6, Nutrition Score:11.426956619905%

Nutrients (% of daily need)

Calories: 865.4kcal (43.27%), Fat: 70.15g (107.93%), Saturated Fat: 18.26g (114.11%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 58.3g (21.2%), Sugar: 45.6g (50.67%), Cholesterol: 97.88mg (32.63%), Sodium: 108.6mg (4.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.66mg (7.22%), Protein: 5.67g (11.34%), Vitamin E: 8.45mg (56.31%), Vitamin K: 35.34µg (33.66%), Manganese: 0.36mg (18.12%), Selenium: 12.19µg (17.41%), Vitamin B2: 0.28mg (16.51%), Copper: 0.23mg (11.49%), Phosphorus: 112.3mg (11.23%), Magnesium: 44.46mg (11.12%), Iron: 2mg (11.11%), Vitamin A: 549.77IU (11%), Fiber: 2.49g (9.97%), Folate: 38.41µg (9.6%), Vitamin B1: 0.14mg (9.38%), Zinc: 0.88mg (5.9%), Vitamin B3: 1.18mg (5.89%), Vitamin D: 0.77µg (5.11%), Potassium: 159.83mg (4.57%), Vitamin B5: 0.41mg (4.09%), Calcium: 40.78mg (4.08%), Vitamin B12: 0.19µg (3.19%), Vitamin B6: 0.06mg (2.89%)