



Cinnamon-Dusted Mini Churros

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



179 kcal

DESSERT

Ingredients

- 2 large egg yolk
- 2.8 teaspoons ground cinnamon divided
- 2.5 tablespoons orange juice
- 1.5 cups self raising flour
- 6 tablespoons sugar
- 1.5 teaspoons vanilla extract
- 20 servings vegetable oil for deep-frying

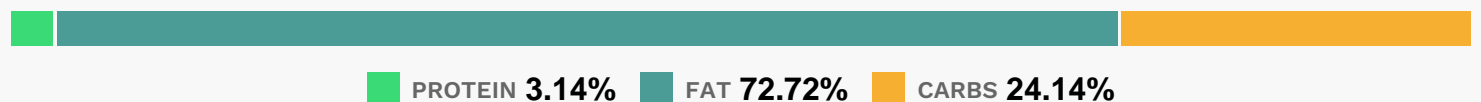
Equipment

- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer
- pastry bag

Directions

- Whisk eggs, egg yolk, 6 tablespoons sugar, orange juice, orange peel, vanilla, and 1/2 teaspoon cinnamon in large bowl.
- Let stand 5 minutes, then stir in flour.
- Mix 1 cup sugar and 2 1/4 teaspoons cinnamon in medium bowl.
- Pour enough oil into heavy large saucepan to reach depth of 1 inch. Attach deep-fry thermometer to side of pan and heat oil to 355°F to 360°F over medium-high heat. Spoon batter into pastry bag fitted with 3/8-inch (medium) star tip. Working in batches, pipe several 3- to 4-inch-long ribbons of batter into hot oil. Fry until golden brown, turning occasionally and adjusting heat to maintain temperature, 1 1/2 to 2 minutes.
- Transfer to paper towels to drain.
- Working in batches, add warm churros to bowl of cinnamon sugar and toss to coat.
- Per serving: 295.8 (kcal) calories,
- 5 % calories from fat, 13.2 g fat, 1.4 g saturated fat,
- 9 g total sugars,
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 9.7, Glycemic Load: 7.03, Inflammation Score: -1, Nutrition Score: 2.6982608022897%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 179.44kcal (8.97%), Fat: 14.63g (22.5%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 10.93g (3.64%), Net
Carbohydrates: 10.55g (3.84%), Sugar: 3.85g (4.28%), Cholesterol: 18.36mg (6.12%), Sodium: 1.12mg (0.05%),
Alcohol: 0.1g (100%), Alcohol %: 0.42% (100%), Protein: 1.42g (2.84%), Vitamin K: 25.87µg (24.64%), Vitamin E:
1.23mg (8.23%), Selenium: 4.71µg (6.72%), Manganese: 0.12mg (6.22%), Phosphorus: 16.28mg (1.63%), Folate: 6.23µg
(1.56%), Fiber: 0.38g (1.5%), Vitamin C: 1.07mg (1.3%), Copper: 0.02mg (1.04%)