



Cinnamon-Dusted Mini Churros



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



180 kcal

DESSERT

Ingredients

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

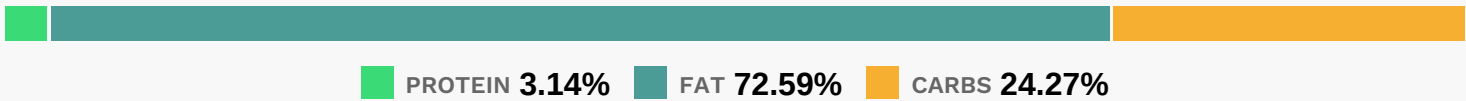
Equipment

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

Directions

- ☐ Whisk eggs, egg yolk, 6 tablespoons sugar,orange juice, orange peel, vanilla, and 1/2teaspoon cinnamon in large bowl.
- ☐ Let stand5 minutes, then stir in flour.
- ☐ Mix 1 cup sugarand 2 1/4 teaspoons cinnamon in medium bowl.
- ☐ Pour enough oil into heavy largesaucepan to reach depth of 1 inch. Attachdeep-fry thermometer to side of pan andheat oil to 355°F to 360°F over medium-highheat. Spoon batter into pastry bag fitted with3/8-inch (medium) star tip. Working in batches,pipe several 3- to 4-inch-long ribbons ofbatter into hot oil. Fry until golden brown,turning occasionally and adjusting heatto maintain temperature, 1 1/2 to 2 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Working in batches, add warm churrosto 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:2.7365216846051%

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: 179.73kcal (8.99%), Fat: 14.63g (22.5%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.59g (3.85%), Sugar: 3.85g (4.28%), Cholesterol: 18.36mg (6.12%), Sodium: 1.12mg (0.05%), Alcohol: 0.1g (100%), Alcohol %: 0.41% (100%), Protein: 1.42g (2.85%), Vitamin K: 25.87µg (24.64%), Vitamin E: 1.23mg (8.23%), Selenium: 4.71µg (6.73%), Manganese: 0.12mg (6.22%), Vitamin C: 1.48mg (1.8%), Phosphorus: 16.34mg (1.63%), Fiber: 0.41g (1.63%), Folate: 6.32µg (1.58%), Copper: 0.02mg (1.05%)