



Cinnamon-Espresso Churros

 Vegetarian

READY IN



29 min.

SERVINGS



16

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 16 servings canola oil for frying
- ☐ 2 large eggs beaten at room temperature
- ☐ 1 cup flour for dusting all-purpose
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 tablespoon espresso powder instant
- ☐ 2 teaspoons espresso powder instant
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ spatula
- ☐ dutch oven
- ☐ pastry bag

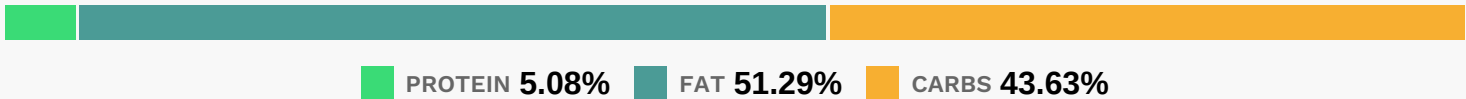
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a deep-frying thermometer a pastry bag fitted with a large star tip (recommended: Ateco 982)
- ☐ Cinnamon sugar: In a small bowl, whisk together the sugar, cinnamon and espresso powder. Set aside.
- ☐ Churros: Line a baking sheet with parchment paper and dust liberally with flour. Set aside. In a heavy-bottomed saucepan or Dutch oven, combine the water, butter, sugar, espresso powder, and salt over medium-high heat. Bring the mixture to a boil.
- ☐ Remove the pan from the heat and, using a wooden spoon, stir in the 1 cup of flour all at once. Return the pan to low heat and stir continuously until the mixture forms a thick dough, about

2 minutes.

- ☐ Transfer the dough to the bowl of a stand mixer fitted with a paddle attachment. With the machine running on medium speed, slowly add the eggs. Continue to beat until the eggs are fully incorporated and the dough is thick, about 4 minutes.
- ☐ Transfer the dough to a pastry bag fitted with a large star tip. Pipe the dough onto the prepared baking sheet in 4-inch long logs.
- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about 1/3 of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F. (If you don't have a thermometer a cube of bread will brown in a couple of minutes.) Using a thin metal spatula, transfer the dough, 4 pieces at a time, into the hot oil, and fry until dark-golden and crispy, about 3 minutes.
- ☐ Drain on paper towels and roll in the cinnamon-espresso sugar while still hot.
- ☐ Transfer to a serving platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:9.74, Inflammation Score:-2, Nutrition Score:2.8143478419794%

Nutrients (% of daily need)

Calories: 133.62kcal (6.68%), Fat: 7.77g (11.95%), Saturated Fat: 3.11g (19.47%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 14.12g (5.14%), Sugar: 7.8g (8.67%), Cholesterol: 34.54mg (11.51%), Sodium: 83.36mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.74mg (4.58%), Protein: 1.73g (3.46%), Manganese: 0.24mg (11.89%), Selenium: 4.75µg (6.79%), Vitamin E: 0.71mg (4.7%), Folate: 17.45µg (4.36%), Vitamin B1: 0.06mg (4.29%), Vitamin B2: 0.07mg (4.19%), Vitamin A: 167.9IU (3.36%), Iron: 0.58mg (3.22%), Vitamin B3: 0.6mg (3.02%), Fiber: 0.74g (2.97%), Vitamin K: 2.73µg (2.6%), Phosphorus: 24.04mg (2.4%), Calcium: 17.13mg (1.71%), Vitamin B5: 0.14mg (1.4%), Vitamin D: 0.2µg (1.36%), Magnesium: 4.75mg (1.19%), Copper: 0.02mg (1.18%), Potassium: 38.21mg (1.09%), Zinc: 0.16mg (1.08%), Vitamin B12: 0.06µg (1.08%)