



Citrus-and-Spice Churros with Mocha Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



2678 kcal

DESSERT

Ingredients

- ☐ 0.5 cup espresso beans
- ☐ 0.5 teaspoon cinnamon
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup milk
- ☐ 0.5 pound chocolate chopped

- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 pinch salt
- ☐ 1 teaspoon sugar for coating
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 serving vegetable oil for frying

Equipment

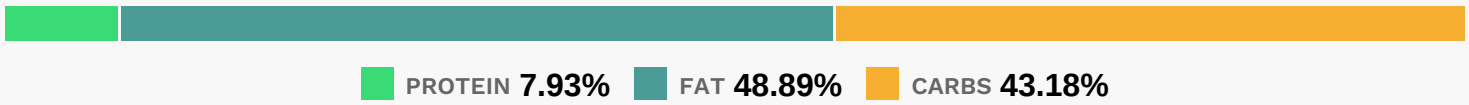
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ measuring cup
- ☐ slotted spoon
- ☐ pastry bag

Directions

- ☐ In a small saucepan, bring the milk just to a boil with the espresso beans.
- ☐ Remove from the heat, cover and let stand for 15 minutes. Strain the milk into a measuring cup; you should have about 5 ounces.
- ☐ Wipe out the saucepan, return the milk to it and bring just to a simmer. Off the heat, stir in the chopped chocolate until melted.
- ☐ Whisk the sauce until smooth and transfer to a bowl. Keep warm.
- ☐ In a medium saucepan, combine the 1 teaspoon of sugar with the butter, salt and 1 cup of water and bring to a boil. Off the heat, add the flour all at once and stir until incorporated. Scrape the mixture into a bowl. Using an electric mixer at medium speed, beat in the eggs one at a time until smooth.
- ☐ Add the vanilla and citrus zests. Scrape the batter into a pastry bag fitted with a 1/2-inch star tip.

- ☐
- In a medium bowl, combine the remaining 1 cup of sugar with the cinnamon and cardamom. In a large saucepan, heat 2 inches of vegetable oil to 35
- ☐
- Working carefully and quickly, pipe about eight 3-inch lengths of batter into the hot oil; use a knife to cut between the pieces. Fry over moderate heat, turning once, until golden and cooked through, 5 to 6 minutes. Using a slotted spoon, lift out the churros and let drain for 10 seconds, then transfer them to the spiced sugar and toss to coat.
- ☐
- Transfer the churros to a platter and keep warm. Repeat with the remaining batter and spiced sugar.
- ☐
- Serve the churros with the mocha sauce.

Nutrition Facts



Properties

Glycemic Index:235.69, Glycemic Load:129.2, Inflammation Score:-10, Nutrition Score:61.333477745885%

Nutrients (% of daily need)

Calories: 2678.33kcal (133.92%), Fat: 151.94g (233.76%), Saturated Fat: 82.54g (515.85%), Carbohydrates: 302.03g (100.68%), Net Carbohydrates: 278.71g (101.35%), Sugar: 169.88g (188.75%), Cholesterol: 658.53mg (219.51%), Sodium: 408.19mg (17.75%), Alcohol: 0.69g (100%), Alcohol %: 0.1% (100%), Caffeine: 862.84mg (287.61%), Protein: 55.43g (110.86%), Selenium: 102.16µg (145.94%), Vitamin B2: 2.43mg (142.77%), Manganese: 2.82mg (140.98%), Phosphorus: 1135.61mg (113.56%), Magnesium: 425.3mg (106.32%), Copper: 2.09mg (104.3%), Iron: 17.18mg (95.42%), Fiber: 23.32g (93.28%), Vitamin B1: 1.25mg (83%), Folate: 310.36µg (77.59%), Calcium: 567.14mg (56.71%), Zinc: 8.43mg (56.19%), Vitamin B3: 9.82mg (49.12%), Potassium: 1682.27mg (48.06%), Vitamin B12: 2.7µg (45%), Vitamin D: 6.1µg (40.69%), Vitamin B5: 4.06mg (40.61%), Vitamin A: 1917.35IU (38.35%), Vitamin B6: 0.6mg (29.99%), Vitamin K: 28.28µg (26.93%), Vitamin E: 3.47mg (23.13%), Vitamin C: 5.44mg (6.6%)