



Mexican Crullers (Churros)

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons brown sugar
- 15 servings canola oil for frying
- 4 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.5 cup sugar
- 4 tablespoons butter unsalted

- 1 teaspoon vanilla extract
- 1 cup water

Equipment

- frying pan
- paper towels
- sauce pan
- wooden spoon
- pastry bag

Directions

- To make the crullers: In a medium saucepan, heat 1 cup water, the butter, sugar, vanilla, and salt over medium-high heat until the edges of the liquid start to bubble.
- Add the flour all at once and stir briskly with a wooden spoon until well mixed and no lumps of flour remain.
- Remove from the heat.
- Add 4 of the eggs, 1 at a time, beating well with a wooden spoon after each. The dough should look soft and glossy and keep a "hook" shape when the spoon is pulled from the dough. If not, beat in the last egg.
- Scrape the dough into a pastry bag fitted with a star tip.
- Pour enough canola oil into a deep heavy skillet (cast iron is ideal) to fill 1-inch.
- Heat over medium heat until the tip of the handle of a wooden spoon gives off a slow steady stream of tiny bubbles. Carefully pipe the dough into the oil, forming 6-inch crullers. Pipe only as many crullers into the oil as fit comfortably. Overcrowding the pan will result in soggy crullers. Fry, turning once, until golden brown on each side.
- Drain on paper towels. Repeat with the remaining dough.
- Put the sugar and the cinnamon in a paper bag. Crimp the top and shake well to mix. Drop a few crullers at a time into the bag and shake until coated. Best served as soon as possible.

Nutrition Facts



 PROTEIN 7.2%  FAT 48.09%  CARBS 44.71%

Properties

Glycemic Index:10.01, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:2.6913043312404%

Nutrients (% of daily need)

Calories: 131.31kcal (6.57%), Fat: 7.05g (10.84%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 14.48g (5.27%), Sugar: 8.31g (9.23%), Cholesterol: 51.67mg (17.22%), Sodium: 57.33mg (2.49%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 2.38g (4.75%), Selenium: 6.53µg (9.32%), Vitamin B2: 0.1mg (5.74%), Folate: 20.9µg (5.22%), Vitamin E: 0.71mg (4.71%), Vitamin B1: 0.07mg (4.69%), Manganese: 0.07mg (3.7%), Iron: 0.61mg (3.41%), Phosphorus: 33.25mg (3.33%), Vitamin A: 156.85IU (3.14%), Vitamin B3: 0.51mg (2.53%), Vitamin K: 2.34µg (2.23%), Vitamin B5: 0.22mg (2.23%), Vitamin D: 0.29µg (1.94%), Vitamin B12: 0.11µg (1.85%), Zinc: 0.22mg (1.45%), Copper: 0.03mg (1.26%), Vitamin B6: 0.02mg (1.23%), Calcium: 11.31mg (1.13%), Fiber: 0.26g (1.04%)