



Mini Churros

 Dairy Free

READY IN



60 min.

SERVINGS



70

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 70 servings warm chocolate sauce (see cooks' note below)
- ☐ 0.5 cup cinnamon sugar with 1 tablespoon cinnamon)
- ☐ 2 cups flour all-purpose
- ☐ 1 inch lemon zest
- ☐ 0.3 teaspoon salt
- ☐ 2 quarts vegetable oil extra-virgin (not)
- ☐ 2 cups water

Equipment

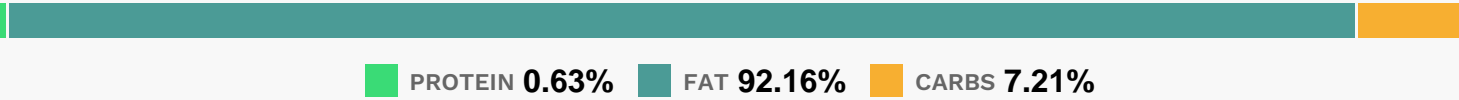
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Heat 1 3/4 inches oil to 400°F in a wide 3 1/2-to 4-quart heavy pot over high heat (oil will be just beginning to smoke). Drop in zest (oil will bubble vigorously) and fry until browned, about 1 minute.
- ☐ Remove with tongs.
- ☐ Line 2 trays with parchment paper.
- ☐ Bring water with salt to a boil in a heavy medium saucepan, covered.
- ☐ Add 2 teaspoons olive oil and remove from heat. Immediately add flour and stir vigorously with a wooden spoon until combined (mixture will be stiff and not very smooth). Fill churro-maker with some hot dough and wrap a kitchen towel around churro-maker canister.
- ☐ Turn screw handle of churro-maker until dough emerges from star opening. Holding opening about 2 inches above a tray, turn handle to squeeze long lines of dough onto parchment.
- ☐ Cut lines into 3-inch pieces with kitchen shears. Repeat with remaining dough, including any scraps.
- ☐ Fry churros, 10 to 12 at a time, turning occasionally, until golden but still slightly moist in center, 3 to 4 minutes per batch.
- ☐ Drain on paper towels. Return oil to 400°F between batches.
- ☐ Roll warm churros in sugar and serve with warm chocolate sauce if desired.
- ☐ •Churros can be piped, but not fried, 2 hours ahead and chilled, covered with plastic wrap, or 1 week ahead and frozen (first on baking sheets, then stored in sealable bags); thaw 30 minutes before frying. •To make chocolate sauce, bring 1/2 cup heavy cream to a boil and remove from

heat, then stir in 3 1/2 ounces finely chopped bittersweet chocolate until smooth.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:3.2591303874455%

Nutrients (% of daily need)

Calories: 261.04kcal (13.05%), Fat: 27.17g (41.8%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.78g (1.98%), Cholesterol: 0.01mg (0%), Sodium: 12.19mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin K: 49.76µg (47.39%), Vitamin E: 2.24mg (14.94%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.24µg (1.78%), Folate: 6.58µg (1.65%), Manganese: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.07%), Iron: 0.19mg (1.03%)