



Mini Roasted Apple Churros with Salty Caramel

 Vegetarian

READY IN



75 min.

SERVINGS



14

CALORIES



320 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.3 cup water
- 0.3 cup butter salted
- 1 cup whipping cream
- 1 teaspoon sea salt
- 2 cups apples diced peeled
- 3 tablespoons sugar

- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground cinnamon
- 0.5 cup butter unsalted
- 1 cup water
- 0.3 teaspoon salt
- 1 cup flour all-purpose
- 3 eggs whole
- 1 egg yolk
- 1 serving canola oil
- 0.8 cup sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger

Equipment

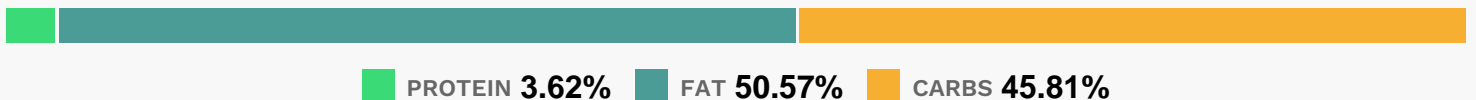
- bowl
- paper towels
- sauce pan
- oven
- wire rack
- glass baking pan

Directions

- To make Caramel Dip, in 1-quart saucepan, mix 1 cup sugar, 1/4 cup water and the salted butter until well combined.
- Heat to boiling. Continue to boil 10 to 15 minutes, without stirring (don't do it!), until mixture becomes deep, golden brown.
- Remove from heat; immediately stir in whipping cream until smooth. Stir in coarse sea salt. (If there are lumps or the caramel is not combining, gently heat while stirring until smooth.)
- Pour into heatproof bowl or jar; cool to room temperature.

- To make Roasted Apples, heat oven to 400°F. Toss Roasted Apples ingredients until coated; spread in even layer in ungreased 13x9-inch (3-quart) glass baking dish. Roast about 25 minutes or until apples are tender and begin to caramelize around edges.
- Remove dish from oven to cooling rack; cool to room temperature.
- To make Churro Dough, in 2-quart saucepan, heat unsalted butter, 1 cup water and the salt to boiling.
- Add flour all at once; stir to combine. Cook, stirring constantly, until dough becomes a ball and no longer sticks to saucepan.
- Remove from heat; scrape dough into large bowl. Cool several minutes. (I use this time to crack the eggs and separate the one egg.) While mixture is still warm, beat in eggs and yolk, one at a time, until completely combined before adding the next. Fold in cooled apples.
- Heat several inches canola oil in another 2-quart saucepan to 350°F. (I used about 4 cups, making the oil about 4 inches deep in the saucepan.)
- In shallow bowl, stir together Coating ingredients; set aside. Line plate with paper towels; set near frying oil.
- Fit decorating bag with large closed-star tip. Fill bag with churro dough. Pipe 1- to 2-inch-long ropes of dough into hot oil; fry 3 to 5 minutes or until golden brown and thoroughly cooked.
- Remove from oil to paper towel-lined plate to drain briefly; toss immediately in coating.
- Serve warm churros with caramel dip.

Nutrition Facts



Properties

Glycemic Index:26.95, Glycemic Load:24.83, Inflammation Score:-4, Nutrition Score:4.2000000321347%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 320.4kcal (16.02%), Fat: 18.45g (28.39%), Saturated Fat: 10.67g (66.71%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 36.81g (13.39%), Sugar: 29.95g (33.28%), Cholesterol: 94.32mg (31.44%), Sodium: 254.93mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin A: 633.57IU (12.67%), Selenium: 7.53µg (10.75%), Vitamin B2: 0.14mg (8.25%), Manganese: 0.16mg (7.88%), Folate: 24.26µg (6.06%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.79mg (5.25%), Phosphorus: 48.45mg (4.84%), Vitamin D: 0.65µg (4.34%), Iron: 0.72mg (3.98%), Fiber: 0.8g (3.21%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.29mg (2.91%), Calcium: 26.84mg (2.68%), Vitamin B12: 0.16µg (2.61%), Vitamin K: 2.63µg (2.51%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.29mg (1.91%), Potassium: 65.55mg (1.87%), Copper: 0.04mg (1.78%), Magnesium: 6.14mg (1.53%), Vitamin C: 0.93mg (1.13%)