



Oven-Baked Churros

 Vegetarian

READY IN



30 min.

SERVINGS



100

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 0.3 cup sugar

Equipment

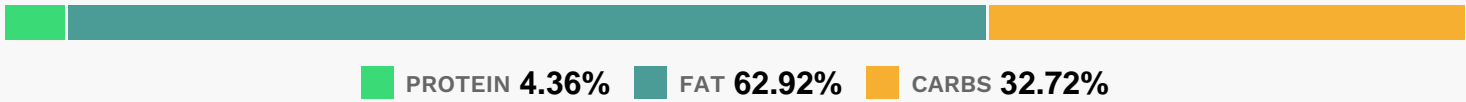
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Unfold and cut puff pastry sheets in half lengthwise, and cut each half crosswise into 1-inch-wide strips.
- ☐ Place strips on a lightly greased parchment paper-lined baking sheet.
- ☐ Bake 10 minutes or until golden brown.
- ☐ Meanwhile, combine sugar and cinnamon.
- ☐ Remove pastry strips from oven, and dip in butter; roll in cinnamon-sugar mixture.
- ☐ Let stand on a wire rack 5 minutes or until dry.

Nutrition Facts



Properties

Glycemic Index:1.81, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:0.47043478043507%

Nutrients (% of daily need)

Calories: 33.07kcal (1.65%), Fat: 2.33g (3.59%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.54g (0.6%), Cholesterol: 1.22mg (0.41%), Sodium: 15.87mg (0.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Selenium: 1.2µg (1.71%), Manganese: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.3%), Vitamin B3: 0.2mg (1.02%)