



Soft Chin Chin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

Ingredients

- 2.8 cups flour
- 0.5 teaspoon double-acting baking powder
- 0.3 cup butter
- 0.3 cup coconut milk
- 1 eggs
- 4 servings cooking oil for deep frying
- 1 pinch salt
- 0.3 cup sugar

- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- plastic wrap
- aluminum foil
- rolling pin

Directions

- In a large bowl mix all the dry ingredients together. Work your butter or margarine into the flour till it is well combined. In a separate small bowl,
- Whisk your egg till it is frothy, add your vanilla and coconut milk. In the bowl with the dry ingredients, make a well in the centre and slowly add your egg mix, combining the flour with the mix as you add it.
- Mix the entire dough till its no longer sticky and everything is combined then cover the dough in a plastic wrap and place in the fridge for 30–45 minutes.
- Sprinkle some flour on the surface you would use to roll out the chin chin dough.
- Cut a small chunk of the dough and with a rolling pin, roll out the chin chin dough. If you want larger chin chin chunks, do not roll it out so thin, if you want regular sized chin chin, roll it out so its relatively thin but not all the way. With a knife, cut the chin chin to your desired shape and set aside. In a pan of hot oil for deep frying, place your chin chin dough and allow to fry till its golden brown.
- Place in a paper towel to allow the excess oil to be absorbed and for it to cool down. If using an oven, pre-heat the oven to 370 F and place the chin chin dough on a lined foil container and bake for about 30–35 minutes or until browned. If you want it sweeter, sprinkle some powdered sugar on the top or add more sugar to the initial recipe. P.s: This is more of an in between recipe, its not completely soft. If you want it extra soft, you can use 2 cups of flour.

Nutrition Facts

PROTEIN 7.57% FAT 36.72% CARBS 55.71%

Properties

Glycemic Index:96.02, Glycemic Load:56.69, Inflammation Score:-7, Nutrition Score:14.671304347826%

Nutrients (% of daily need)

Calories: 568.02kcal (28.4%), Fat: 23.08g (35.51%), Saturated Fat: 13.08g (81.74%), Carbohydrates: 78.78g (26.26%), Net Carbohydrates: 76.46g (27.8%), Sugar: 12.89g (14.32%), Cholesterol: 81.59mg (27.2%), Sodium: 203.71mg (8.86%), Alcohol: 0.34g (1.91%), Protein: 10.71g (21.42%), Selenium: 32.78µg (46.82%), Vitamin B1: 0.68mg (45.54%), Folate: 164.98µg (41.25%), Manganese: 0.7mg (35.03%), Vitamin B2: 0.48mg (28.5%), Iron: 4.71mg (26.18%), Vitamin B3: 5.18mg (25.92%), Phosphorus: 143.71mg (14.37%), Vitamin A: 532.13IU (10.64%), Fiber: 2.32g (9.29%), Copper: 0.16mg (8.24%), Vitamin E: 1.1mg (7.31%), Magnesium: 27.36mg (6.84%), Vitamin B5: 0.59mg (5.88%), Zinc: 0.84mg (5.61%), Calcium: 55.75mg (5.58%), Potassium: 144.58mg (4.13%), Vitamin K: 3.61µg (3.44%), Vitamin B6: 0.06mg (3.06%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.22µg (1.47%)