



Healthdor

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Churro Each [♦]

A delicious fried dough pastry originating from Spain and popular in Latin American countries. Churros are typically enjoyed as a snack or dessert and are often dipped in chocolate sauce or served with a side of ice cream.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 100 grams

Number of Servings: 10

Serving Size: 10 g

Ingredients

250 g	All-Purpose Flour
250 ml	Water
50 g	Butter
25 g	Sugar
1 tsp	Salt

2 number	Eggs
2 c	vegetable oil
2 tsp	Cinnamon
100 g	Sugar

Directions

Step 1

Stove

In a saucepan, combine water, butter, sugar, and salt. Bring to a boil.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Remove from heat and stir in flour until mixture forms a ball.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

In a separate bowl, beat eggs and then add them to the flour mixture. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat vegetable oil in a deep fryer or large pot to 375°F (190°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Transfer the dough to a piping bag fitted with a star tip.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

Pipe 4-inch strips of dough into the hot oil and fry until golden brown, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 7

Remove the churros from the oil and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

In a shallow dish, combine cinnamon and sugar. Roll the warm churros in the cinnamon-sugar mixture to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 502 kcal

Fat: 19 g

Protein: 7 g

Carbohydrates: 77 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	77 g	140%	154%
Fibers	2 g	5.26%	8%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	19 g	67.86%	76%
Cholesterol	68 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	167 mg	7.26%	7.26%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	79 mg	2.32%	3.04%
Zinc	2 mg	18.18%	25%
Selenium	12 mcg	21.82%	21.82%

Recipe Attributes

Events

Christmas

Easter

New Year

Barbecue

Cuisines

Italian

Course

Appetizers

Desserts

Drinks

Breads

Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diet

The Whole30 Diet

Zone Diet

Vegetarian Diet

Vegan Diet

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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