



Almond Cream-Puff Ring

READY IN



175 min.

SERVINGS



10

CALORIES



255 kcal

SIDE DISH

Ingredients

- 1 teaspoon almond extract
- 1 tablespoon butter
- 1.5 teaspoons plus light
- 4 eggs
- 1 cup flour all-purpose
- 1 cup cup heavy whipping cream
- 3.4 ounce vanilla pudding instant
- 1.5 teaspoons milk
- 0.3 teaspoon salt

- 0.5 cup bittersweet chocolate
- 1 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- double boiler
- wooden spoon

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease and flour a cookie sheet, or use parchment paper. Using a dinner plate as a guide, trace a circle on the sheet.
- In 2 quart saucepan over medium heat, combine water, butter, and salt. Bring to a boil. With a wooden spoon, vigorously stir in flour all at once, until mixture forms a ball, and leaves the sides of the pan.
- Remove from heat, and beat in the eggs one at a time, until mixture is smooth. Drop batter into 10 mounds inside the circle traced on the cookie sheet, to form a ring.
- Bake in preheated oven for 40 minutes, or until golden brown. Turn off oven, leaving ring in for another 15 minutes.
- Remove from oven, and cool on wire rack. When cool, slice in half horizontally, and place bottom ring on serving plate. Spoon Almond Cream Filling on bottom ring, then replace top ring. Chill in refrigerator.
- To make Almond Cream Filling: Prepare pudding according to instructions on package, but use only 1 1/4 cups milk. Fold in whipped cream, and 1 teaspoon almond extract.
- To make Chocolate Glaze: In a double boiler over hot (not boiling) water, combine chocolate chips, 1 tablespoon butter, 1 1/2 teaspoons milk, and 1 1/2 teaspoons corn syrup.
- Heat until melted and smooth, stirring occasionally. Spoon over the top of chilled ring.

Nutrition Facts

PROTEIN 7.53% FAT 52.87% CARBS 39.6%

Properties

Glycemic Index:18.2, Glycemic Load:7.13, Inflammation Score:-4, Nutrition Score:5.7673913052549%

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 14.94g (22.99%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 24.08g (8.76%), Sugar: 12.89g (14.33%), Cholesterol: 95.99mg (32%), Sodium: 163.32mg (7.1%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.53mg (2.51%), Protein: 4.79g (9.57%), Selenium: 11.22µg (16.02%), Vitamin B2: 0.19mg (11.43%), Manganese: 0.21mg (10.41%), Vitamin A: 485.48IU (9.71%), Phosphorus: 86.21mg (8.62%), Iron: 1.47mg (8.19%), Folate: 32.14µg (8.04%), Vitamin B1: 0.11mg (7.61%), Copper: 0.15mg (7.43%), Magnesium: 22.35mg (5.59%), Vitamin D: 0.74µg (4.94%), Fiber: 1.1g (4.38%), Vitamin B3: 0.84mg (4.21%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.62mg (4.13%), Vitamin B12: 0.22µg (3.62%), Calcium: 35.59mg (3.56%), Vitamin E: 0.5mg (3.3%), Potassium: 113.89mg (3.25%), Vitamin B6: 0.05mg (2.37%), Vitamin K: 1.58µg (1.51%)