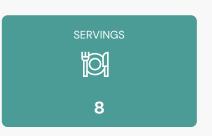


Asiago-Pepper Puff Ring

Vegetarian







SIDE DISH

Ingredients

3 oz asiago cheese shredded
6 tablespoons butter
4 large eggs

- 1 cup flour all-purpose
- 0.5 teaspoon pepper

Equipment

	food processor
--	----------------

bowl

	frying pan
	baking sheet
	oven
	hand mixer
	wooden spoon
	spatula
	skewers
Di	rections
	In a 3- to 4-quart pan, combine 1 cup water, butter, and pepper; bring to a boil over high heat.
	Add flour all at once and stir quickly until mixture pulls away from pan sides and masses together.
	Remove from heat and stir until flour is incorporated and mixture is smooth.
	Let cool about 5 minutes, stirring occasionally.
	To mix by hand, add eggs, one at a time, to warm butter-flour mixture in pan, beating with a wooden spoon after each addition until dough is smooth and satiny. Stir in shredded asiago cheese.
	To mix with an electric mixer or food processor, scrape warm butter-flour mixture into a bowl.
	Add eggs, one at a time, beating or whirling after each addition just until smooth; stir in shredded asiago cheese, do not overmix.
	On a buttered 12- by 15-inch baking sheet, drop eight equal portions (about 1/3 cup each) of asiago-pepper dough, side by side with edges touching, in an 8-inch circle.
	Sprinkle with another 1/4 cup shredded asiago.
	Bake in a 375 regular or convection oven until browned, 40 to 50 minutes. Pierce each puff in several places with a wooden skewer and return to oven.
	Bake until well browned and crisp, 5 to 7 minutes longer. With a spatula, slide ring off pan.
	Serve hot, breaking off puffs to eat.

Nutrition Facts

Properties

Glycemic Index:23, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:6.4591304530268%

Nutrients (% of daily need)

Calories: 209.9kcal (10.49%), Fat: 13.8g (21.22%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.08g (4.39%), Sugar: 0.23g (0.25%), Cholesterol: 122.8mg (40.93%), Sodium: 273.66mg (11.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.67g (17.33%), Selenium: 15.48µg (22.11%), Calcium: 145.29mg (14.53%), Phosphorus: 142.87mg (14.29%), Vitamin B2: 0.23mg (13.56%), Folate: 41.42µg (10.36%), Vitamin A: 481.11lU (9.62%), Vitamin B1: 0.14mg (9.16%), Iron: 1.26mg (7.02%), Manganese: 0.13mg (6.58%), Vitamin B12: 0.37µg (6.13%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.74mg (4.9%), Vitamin B3: 0.98mg (4.88%), Vitamin D: 0.55µg (3.69%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.06mg (2.99%), Magnesium: 11.54mg (2.88%), Copper: 0.05mg (2.28%), Potassium: 65.18mg (1.86%), Fiber: 0.45g (1.81%), Vitamin K: 1.24µg (1.18%)