



## Asiago-Pepper Puff Ring

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

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

## Directions

- ☐ 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



 PROTEIN **16.59%**  FAT **59.42%**  CARBS **23.99%**

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: 0g (100%), Alcohol %: 0% (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: 481.11IU (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%)