



Black Pepper–Manchego Cheese Puffs

READY IN



75 min.

SERVINGS



60

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 5 large eggs
- 1.5 cups flour all-purpose
- 1 tablespoon kosher salt
- 3 ounces manchego cheese shredded (3 to 6 months)
- 1 ounce parmesan cheese finely grated
- 8 tablespoons butter unsalted (1 stick)
- 1.5 cups milk whole

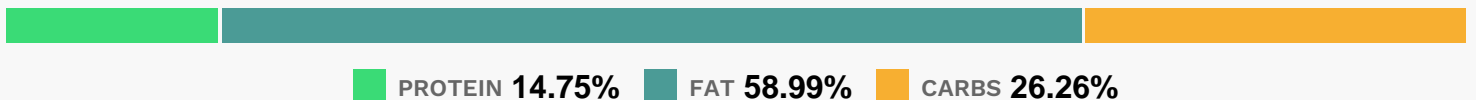
Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- blender

Directions

- Heat the oven to 375°F and arrange racks in the upper and lower third. Line 2 baking sheets with silicone baking mats or parchment paper.
- Combine milk, butter, salt, and pepper in a medium saucepan and bring to a boil over medium heat. Reduce heat to low, add flour all at once, and stir vigorously until well incorporated. Cook, stirring constantly, until dough feels dry to the touch and is no longer sticking to the bottom of the pan, about 3 to 5 minutes. (The dough will form one large ball.)
- Transfer dough to a mixer fitted with a paddle attachment. Beat in eggs one at a time on medium-low speed, letting the first one completely incorporate before adding the next. Reserve 3 tablespoons of the shredded Manchego cheese.
- Add remaining Manchego and Parmesan cheese to dough and mix on low until incorporated. Drop tablespoon-size rounds of dough on the prepared baking sheets, about 1/2 inch apart. Evenly sprinkle reserved Manchego cheese over top.
- Bake, rotating halfway through baking time, until puffed and golden brown, about 30 to 35 minutes.
- Serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:1.2508695786414%

Nutrients (% of daily need)

Calories: 42.53kcal (2.13%), Fat: 2.78g (4.27%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.32g (0.35%), Cholesterol: 22.17mg (7.39%), Sodium: 141.66mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Selenium: 2.64µg (3.77%), Calcium: 30.32mg (3.03%), Vitamin B2: 0.05mg (2.66%), Phosphorus: 21.28mg (2.13%), Vitamin B1: 0.03mg (1.99%), Folate: 7.77µg (1.94%), Vitamin A: 91.1IU (1.82%), Manganese: 0.03mg (1.39%), Vitamin B12: 0.08µg (1.33%), Iron: 0.22mg (1.25%), Vitamin D: 0.18µg (1.21%), Vitamin B5: 0.1mg (1.04%)