



Blue-Cheese Puffs

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces cheese blue crumbled
- ☐ 5 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted

☐ 1 cup milk whole

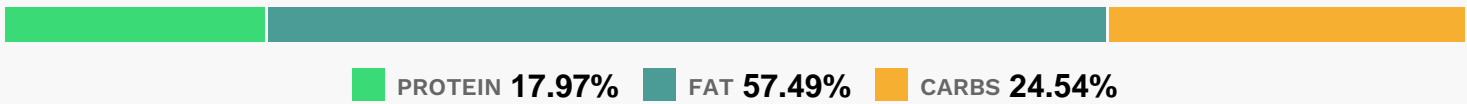
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 400F. Line 2 large baking sheets with parchment. In a saucepan, combine milk, butter, salt, pepper, onion powder and thyme and bring to a boil.
- ☐ Remove from heat, add flour and stir vigorously with a wooden spoon until combined. Return to heat and cook, stirring vigorously, until a dough forms and pulls away from side of pan
- ☐ Remove pan from heat and let cool for 5 minutes.
- ☐ Add 4 eggs, 1 at a time, beating well after each addition. Dough will come apart with each egg and then come back together as you stir; add next egg after dough comes back together. You should end up with a sticky dough. Beat in cheese.
- ☐ Drop dough by teaspoonfuls onto baking sheets. Beat remaining egg with 1 Tbsp. water and brush mixture on dough to glaze.
- ☐ Bake for 10 minutes, then lower temperature to 350F and bake 20 to 25 minutes longer, until golden brown.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:4.98, Inflammation Score:-5, Nutrition Score:4.5856521829315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 7.94g (12.21%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.32g (2.66%), Sugar: 0.92g (1.02%), Cholesterol: 79.07mg (26.36%), Sodium: 177.93mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Selenium: 9.66µg (13.81%), Vitamin B2: 0.18mg (10.55%), Phosphorus: 96.55mg (9.66%), Calcium: 83.57mg (8.36%), Folate: 26.83µg (6.71%), Vitamin A: 304.1IU (6.08%), Vitamin B12: 0.36µg (5.96%), Vitamin B1: 0.08mg (5.64%), Vitamin B5: 0.52mg (5.23%), Iron: 0.79mg (4.41%), Vitamin D: 0.62µg (4.1%), Zinc: 0.61mg (4.03%), Manganese: 0.08mg (3.8%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (2.98%), Potassium: 85.03mg (2.43%), Magnesium: 8.88mg (2.22%), Vitamin E: 0.3mg (1.99%), Copper: 0.03mg (1.59%), Fiber: 0.3g (1.22%)