



Cheddar-Chive Gougères

READY IN



50 min.

SERVINGS



17

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 3 eggs
- 1 cup flour
- 2 Tbsp chives fresh chopped
- 1 dash ground pepper red (cayenne)
- 0.3 cup parmesan cheese grated kraft
- 1 cup cheddar cheese shredded kraft
- 1 cup water

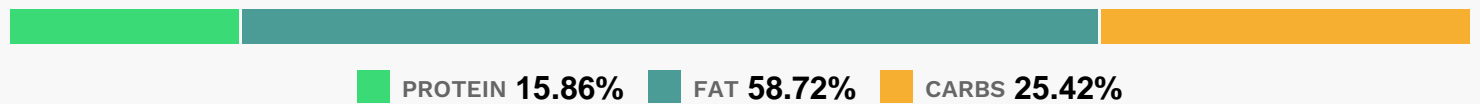
Equipment

- baking sheet
- sauce pan
- oven
- wooden spoon

Directions

- Heat oven to 400F.
- Bring water, butter and red pepper to boil in medium saucepan on medium heat, stirring frequently with wooden spoon.
- Add flour; stir until blended. Cook and stir 2 min. or until mixture forms ball.
- Remove from heat; let stand 5 min.
- Add eggs, 1 at a time, stirring after each until blended. Stir in remaining ingredients. Drop dough by level tablespoons, about 2 inches apart, into 17 mounds on baking sheets sprayed with cooking spray.
- Bake 20 min. or until puffed and golden brown. Turn oven off. Leave gougères in oven 5 min.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:2.9713042922642%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 95.24kcal (4.76%), Fat: 6.19g (9.53%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.82g (2.12%), Sugar: 0.08g (0.09%), Cholesterol: 43.99mg (14.66%), Sodium: 102.55mg (4.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Selenium: 7.31µg (10.44%), Calcium: 67mg (6.7%), Phosphorus: 64.11mg (6.41%), Vitamin B2: 0.11mg (6.34%), Folate: 19.07µg (4.77%), Vitamin A: 222.49IU (4.45%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.47mg (3.11%), Manganese: 0.06mg (2.78%), Iron: 0.5mg (2.78%), Vitamin B12: 0.17µg (2.75%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.22mg (1.49%), Vitamin D: 0.2µg (1.35%), Magnesium: 5.22mg (1.31%), Vitamin K: 1.22µg (1.16%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.09%)