



Cheddar Dill Puffs

 Vegetarian

READY IN



1500 min.

SERVINGS



60

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups sharp cheddar cheese yellow extra-sharp finely grated (preferably)
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted cut into tablespoon pieces
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ Preheat oven to 375°F.
- ☐ Bring water to a boil with butter and salt in a 3-quart heavy saucepan over high heat, then reduce heat to moderate.
- ☐ Add flour all at once and cook, stirring vigorously with a wooden spoon, until mixture pulls away from side of pan, about 2 minutes.
- ☐ Remove from heat and cool slightly, about 3 minutes, then add 4 eggs 1 at a time, beating well after each addition (batter will appear to separate but will then become smooth).
- ☐ Mixture should be glossy and just stiff enough to hold soft peaks and fall softly from a spoon. If batter is too stiff, beat remaining egg in a small bowl and add to batter 1 teaspoon at a time, beating and then testing batter until it reaches proper consistency. Stir in cheese and dill.
- ☐ Line 2 large baking sheets with parchment or lightly butter sheets. Fill pastry bag with batter and pipe 15 (1-inch-diameter) mounds (or spoon level tablespoons) 1 inch apart onto each sheet.
- ☐ Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until puffed, golden, and crisp, about 30 minutes total. Make more puffs in same manner.
- ☐ Serve warm.
- ☐ Puffs can be made 2 days ahead and cooled completely, then chilled in sealed plastic bags or frozen 1 week. Reheat, uncovered, on baking sheets in a preheated 350°F oven 10 minutes if chilled or 15 minutes if frozen.

Nutrition Facts



 PROTEIN **13.98%**  FAT **68.03%**  CARBS **17.99%**

Properties

Glycemic Index:1.95, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.0278260906267%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.44kcal (1.87%), Fat: 2.83g (4.36%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.03g (0.03%), Cholesterol: 19.29mg (6.43%), Sodium: 43.04mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Selenium: 2.55µg (3.64%), Calcium: 22.76mg (2.28%), Vitamin B2: 0.04mg (2.27%), Phosphorus: 22.25mg (2.23%), Vitamin A: 94.61IU (1.89%), Folate: 6.05µg (1.51%), Vitamin B1: 0.02mg (1.24%), Zinc: 0.16mg (1.09%), Vitamin B12: 0.06µg (1.05%)