



Cheese Puffs

READY IN



40 min.

SERVINGS



1

CALORIES



1586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 Dash ground pepper red
- ☐ 3 ounces gruyere cheese shredded divided
- ☐ 1 Dash pepper white
- ☐ 0.5 teaspoon sea salt
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup water

☐ 0.5 cup milk whole divided

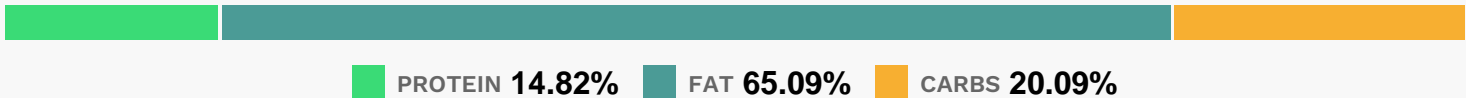
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Combine 1/2 cup milk, butter, and next 4 ingredients in a heavy saucepan over medium heat, stirring until butter melts.
- ☐ Add flour and baking powder, stirring briskly until dough pulls away from sides of pan. Reduce heat to low; cook, stirring constantly, 2 minutes.
- ☐ Remove pan from heat; let cool 5 minutes.
- ☐ Stir eggs into dough, 1 at a time, beating vigorously until fully incorporated. Set aside 2 tablespoons cheese for tops of puffs. Stir remaining cheese into dough.
- ☐ Spoon dough by level tablespoonfuls onto parchment paper-lined baking sheets.
- ☐ Brush tops of puffs with remaining 1 tablespoon milk, and sprinkle evenly with reserved 2 tablespoons cheese.
- ☐ Bake at 400 for 18 to 20 minutes or until golden brown.
- ☐ Remove from oven; pierce the side of each puff with the tip of a sharp knife to allow steam to escape.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:237, Glycemic Load:54.18, Inflammation Score:-10, Nutrition Score:43.814782457507%

Nutrients (% of daily need)

Calories: 1586.29kcal (79.31%), Fat: 114.73g (176.51%), Saturated Fat: 66.34g (414.64%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 76.87g (27.95%), Sugar: 7.04g (7.83%), Cholesterol: 846.79mg (282.26%), Sodium: 2149.5mg (93.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.76g (117.52%), Selenium: 93.37µg (133.38%), Calcium: 1191.33mg (119.13%), Phosphorus: 1080.14mg (108.01%), Vitamin B2: 1.59mg (93.24%), Vitamin A: 3954.67IU (79.09%), Folate: 253.29µg (63.32%), Vitamin B1: 0.92mg (61.34%), Vitamin B12: 3.5µg (58.29%), Zinc: 6.51mg (43.38%), Iron: 7.41mg (41.15%), Vitamin D: 6.11µg (40.75%), Manganese: 0.75mg (37.61%), Vitamin B5: 3.74mg (37.36%), Vitamin B3: 5.91mg (29.56%), Vitamin E: 3.91mg (26.06%), Vitamin B6: 0.45mg (22.28%), Magnesium: 87.51mg (21.88%), Potassium: 582.55mg (16.64%), Copper: 0.3mg (15.24%), Fiber: 2.82g (11.29%), Vitamin K: 9.35µg (8.91%)