



Cheesecake Cream Puffs

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



15 kcal

DESSERT

Ingredients

- ☐ 30 servings chocolate ganache
- ☐ 4 large eggs
- ☐ 1.3 cups water
- ☐ 11 ounce piecrust mix with betty crocker
- ☐ 11 ounce piecrust mix with betty crocker

Equipment

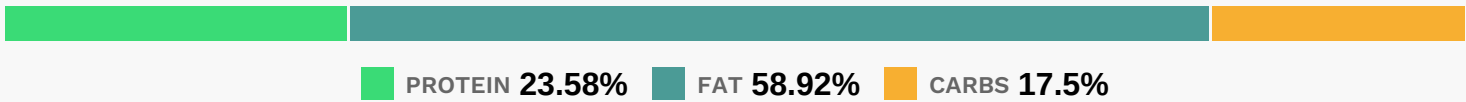
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ pastry bag

Directions

- ☐ Prepare Cheesecake Pastry Cream. Cover and chill.
- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add piecrust mix, stirring vigorously over medium-high heat until mixture leaves sides of pan and forms a smooth ball.
- ☐ Remove from heat, and cool 5 minutes.
- ☐ Add eggs, 1 at a time, beating thoroughly with a wooden spoon after each addition; then beat until dough is smooth. Drop dough by heaping teaspoonfuls onto ungreased baking sheets.
- ☐ Bake at 425 for 20 minutes or until golden and puffed; cool completely on a wire rack.
- ☐ Pipe Cheesecake Pastry Cream into cream puffs through side of each cream puff, using a pastry bag fitted with a round pastry tip. Dip half of each cream puff in warm Chocolate Ganache. Store cream puffs in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:0.70086956591062%

Nutrients (% of daily need)

Calories: 14.6kcal (0.73%), Fat: 0.98g (1.5%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.54g (0.6%), Cholesterol: 24.8mg (8.27%), Sodium: 10.15mg (0.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Selenium: 2.07µg (2.96%), Vitamin B2: 0.03mg (1.93%), Phosphorus: 14.67mg (1.47%), Vitamin B5: 0.1mg (1.03%)