



Chicken Puffs

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.5 cups chicken breast meat
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup water

Equipment

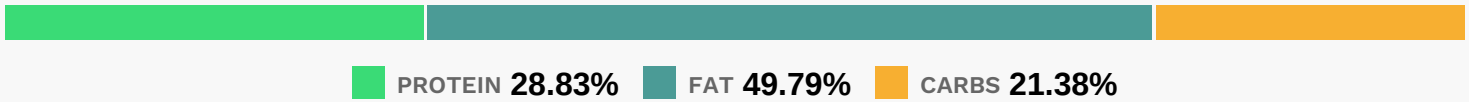
- ☐ baking sheet
- ☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 400F. In 2-quart saucepan, heat water and butter to rolling boil. Stir in flour and thyme; reduce heat to low. Stir vigorously about 1 minute or until mixture forms a ball; remove from heat. Beat in eggs, one at a time, beating until smooth after each addition.
- ☐ On ungreased cookie sheet, drop dough by rounded measuring tablespoonfuls about 2 inches apart.
- ☐ Bake 25 to 30 minutes or until puffed and golden brown. Cool on cookie sheet away from draft, about 30 minutes.
- ☐ Cut off top one-third of each puff and pull out any filaments of soft dough. Fill each puff with 1 rounded tablespoon chicken salad.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:3.693913086034%

Nutrients (% of daily need)

Calories: 92.43kcal (4.62%), Fat: 5.11g (7.85%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.79g (1.74%), Sugar: 0.26g (0.29%), Cholesterol: 42.36mg (14.12%), Sodium: 360.21mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin B3: 2.99mg (14.97%), Selenium: 7.92µg (11.32%), Phosphorus: 97.24mg (9.72%), Vitamin B6: 0.15mg (7.34%), Vitamin B2: 0.08mg (4.82%), Vitamin B5: 0.43mg (4.28%), Vitamin A: 211.42IU (4.23%), Vitamin B1: 0.06mg (3.9%), Folate: 15.1µg (3.77%), Potassium: 124.14mg (3.55%), Iron: 0.49mg (2.7%), Magnesium: 9.96mg (2.49%), Manganese: 0.04mg (2.2%), Vitamin E: 0.32mg (2.14%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.18µg (1.17%), Copper: 0.02mg (1.01%)