



Chocolate Cream Puffs with Hazelnut Filling

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



634 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cup confectioners' sugar divided
- ☐ 2 tablespoons dutch-processed cocoa
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 10 servings mint leaves fresh for garnish
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup hazelnuts chopped for garnish

- ☐ 3 cups hazelnuts
- ☐ 5 ounces chocolate melted
- ☐ 0.1 teaspoon salt
- ☐ 1 pinch salt
- ☐ 2 cups strawberries fresh sliced for garnish
- ☐ 1 cup water

Equipment

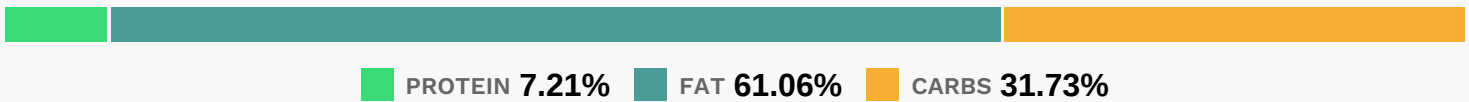
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ canning jar

Directions

- ☐ Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- ☐ In a medium saucepan, combine the water, butter, and salt. Bring to a rolling boil over medium-high heat. Using a wooden spoon, beat in the flour, cocoa, and cinnamon, stirring constantly until the mixture forms a ball.
- ☐ Remove the pan from the heat and let cool 5 minutes.
- ☐ Beat in the eggs, 1 at a time, at medium speed with an electric mixer until the mixture is smooth. Spoon or pipe the dough into 10 (2-inch) mounds onto the prepared baking sheet.
- ☐ Bake until puffed and golden brown, 30 to 33 minutes. Set aside to cool.
- ☐ Cut the cream puffs in half horizontally.

- ☐ Remove the soft dough from inside. Spoon the Homemade Hazelnut
- ☐ Spread into the bottoms of the cream puffs. Top each puff evenly with strawberries and sprinkle with hazelnuts. Cover with the tops of the cream puffs.
- ☐ Garnish with fresh mint leaves, if desired.
- ☐ Toast the hazelnuts at 350 degrees F until golden brown (more color means a stronger flavor). This may take 7 to 10 minutes.
- ☐ Immediately place the toasted hazelnuts in a food processor with 1/4 cup confectioners' sugar. Grind the hazelnuts until liquefied. This process will take approximately 5 minutes and must be stirred half way through to insure proper release of their oils (the mix will be very hot, use a metal spatula). Continue grinding until a liquid has formed. Once in liquid form, add the milk chocolate, salt, and remaining 1/4 cup confectioners' sugar. Continue grinding for 1 minute until completely mixed.
- ☐ Let the hazelnut spread cool completely.
- ☐ Once cooled, place the hazelnut paste in a mason jar for immediate or future use. The product will not spoil if left unrefrigerated.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:11.38, Inflammation Score:-7, Nutrition Score:21.929130554199%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 634.47kcal (31.72%), Fat: 45.49g (69.99%), Saturated Fat: 11.55g (72.21%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 46.37g (16.86%), Sugar: 34.39g (38.22%), Cholesterol: 98.8mg (32.93%), Sodium: 139.32mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.66mg (3.89%), Protein: 12.09g (24.18%), Manganese: 3.3mg (164.8%), Vitamin E: 7.8mg (52.02%), Copper: 1mg (50%), Vitamin B1: 0.43mg (28.45%), Magnesium: 109.44mg (27.36%), Fiber: 6.83g (27.3%), Vitamin C: 20.28mg (24.58%), Folate: 95.66µg (23.91%), Phosphorus: 230.87mg (23.09%), Iron: 3.91mg (21.7%), Selenium: 12.44µg (17.78%), Vitamin B6: 0.33mg (16.61%), Vitamin B2: 0.26mg (15.37%), Potassium: 476.86mg (13.62%), Zinc: 1.87mg (12.46%), Vitamin B3: 1.87mg (9.34%), Vitamin A: 447.32IU (8.95%), Vitamin K: 9.28µg (8.83%), Vitamin B5: 0.87mg (8.67%), Calcium: 83.71mg (8.37%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.4µg (2.67%)