



WHATSheATE



Chocolate Croquembouches

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 4 large egg yolks
- ☐ 4 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup water

☐ 0.3 cup milk whole

Equipment

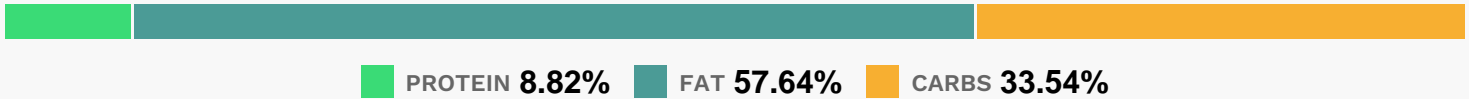
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave
- ☐ pastry bag
- ☐ chopsticks

Directions

- ☐ Whisk sugar and flour in heavy medium saucepan to blend. Gradually whisk in milk, then egg yolks.
- ☐ Whisking constantly, cook over medium heat until cream thickens and boils, about 10 minutes.
- ☐ Remove from heat.
- ☐ Add chocolate and whisk until melted and smooth.
- ☐ Transfer to medium bowl. Press plastic wrap onto surface. Chill pastry cream until cold and firm, at least 3 hours and up to 2 days.
- ☐ Preheat oven to 375°F. Line 2 large baking sheets with parchment paper.
- ☐ Combine first 5 ingredients in heavy medium saucepan. Bring to boil, whisking until sugar dissolves and butter melts.
- ☐ Remove from heat.

- ☐ Add flour and cocoa all at once; whisk until smooth and blended (dough will form ball). Stir over low heat until dough leaves film on pan bottom, about 2 minutes.
- ☐ Transfer dough to large bowl; cool to lukewarm, about 8 minutes. Using electric mixer, beat in eggs 1 at a time.
- ☐ Drop batter by teaspoonfuls onto prepared baking sheets in at least 64 scant 1-inch mounds. Using moistened fingertips, smooth any pointed tips on mounds.
- ☐ Bake puffs 20 minutes. Reduce heat to 350°F. Continue to bake until puffs are firm and beginning to crack and dry on top, about 23 minutes longer.
- ☐ Transfer puffs to rack. Using small knife or chopstick, poke hole in side of each puff near bottom to allow steam to escape. Cool puffs completely.
- ☐ Spoon pastry cream into pastry bag fitted with 1/4-inch plain round tip. Pipe into each puff through hole in side.
- ☐ Place 10 ounces chocolate in small microwave-safe dish. Microwave on high for 15-second intervals until beginning to melt; stir glaze until completely melted and smooth.
- ☐ Dip bottom of 4 filled cream puffs into glaze. Arrange puffs, spaced about 1/4 inch apart, in square on plate. Dip bottom of 3 more puffs into glaze. Arrange in triangle atop first 4 puffs, pressing slightly so glaze holds puffs in place. Dip bottom of 1 more puff into glaze; place on top.
- ☐ Drizzle mound of puffs with some of glaze. Repeat with remaining cream puffs, forming 8 desserts. Refrigerate until glaze sets and holds puffs together, at least 1 hour and up to 1 day.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:8.7, Inflammation Score:-5, Nutrition Score:11.875652313232%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 380.79kcal (19.04%), Fat: 24.5g (37.69%), Saturated Fat: 13.31g (83.16%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 28.46g (10.35%), Sugar: 16.57g (18.41%), Cholesterol: 203.09mg (67.7%), Sodium: 120.74mg

(5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 33.35mg (11.12%), Protein: 8.44g (16.87%), Manganese: 0.61mg (30.5%), Selenium: 19.8µg (28.28%), Copper: 0.53mg (26.74%), Phosphorus: 206.02mg (20.6%), Iron: 3.63mg (20.17%), Magnesium: 75.82mg (18.95%), Vitamin B2: 0.25mg (14.76%), Fiber: 3.61g (14.46%), Folate: 46.22µg (11.55%), Zinc: 1.66mg (11.09%), Vitamin A: 464.91IU (9.3%), Vitamin B1: 0.13mg (8.93%), Vitamin B12: 0.51µg (8.42%), Vitamin B5: 0.83mg (8.34%), Potassium: 289.45mg (8.27%), Vitamin D: 1.15µg (7.66%), Calcium: 61.89mg (6.19%), Vitamin E: 0.87mg (5.78%), Vitamin B3: 1.05mg (5.24%), Vitamin B6: 0.1mg (4.79%), Vitamin K: 3.27µg (3.12%)