



Chocolate Stuffed Eclairs

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

466 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce chocolate
- ☐ 0.3 cup cocoa powder
- ☐ 3 eggs beaten
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 stick butter
- ☐ 3 cups milk
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla
- ☐ 1 cup water
- ☐ 1 cup whipping cream

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pastry bag
- ☐ serrated knife

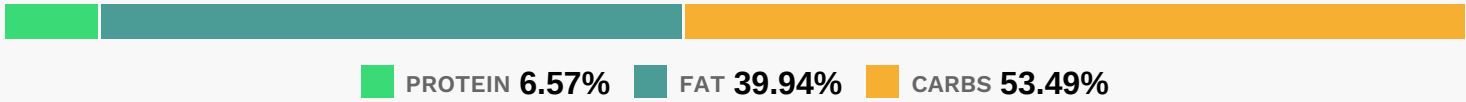
Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat water and margarine or butter to boiling point.
- ☐ Add flour and stir constantly until mixture is smooth and forms a ball.
- ☐ Remove from heat and let cool. Beat in 4 eggs, 1 at a time and once incorporated, place into a pastry bag. On a greased cookie sheet, pipe out dough in thick lines that form eclairs.
- ☐ Bake for approximately 30 minutes or until light brown. Set aside to cool.
- ☐ In a medium saucepan, prepare filling by whisking together the flour, cocoa powder, sugar and salt.
- ☐ Whisk in about 1 cup milk and cook over low heat, stirring often, until thickened or the consistency of mayonnaise.
- ☐ Add the rest of the milk and then temper in 3 beaten eggs and continue to cook until mixture is even thicker.
- ☐ Remove from heat, cool and add vanilla.
- ☐ With a serrated knife, slice pastry puffs lengthwise, but not all the way through. Pipe custard mixture into the center. Melt chocolate for icing, add sugar and cream. Cook over medium

heat until soft ball stage.

☐ Let cool and beat until smooth. Ice tops of the eclairs.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:42.01, Inflammation Score:-6, Nutrition Score:8.7660868550124%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 466.43kcal (23.32%), Fat: 21.28g (32.74%), Saturated Fat: 9.19g (57.42%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 62.81g (22.84%), Sugar: 51.94g (57.71%), Cholesterol: 125.21mg (41.74%), Sodium: 253.6mg (11.03%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.24mg (2.41%), Protein: 7.88g (15.76%), Selenium: 15.1µg (21.57%), Vitamin B2: 0.34mg (19.84%), Vitamin A: 865.8IU (17.32%), Phosphorus: 161.54mg (16.15%), Calcium: 112.05mg (11.21%), Vitamin B1: 0.16mg (10.86%), Manganese: 0.2mg (10.11%), Vitamin D: 1.5µg (10.01%), Vitamin B12: 0.6µg (9.98%), Folate: 39.59µg (9.9%), Iron: 1.53mg (8.5%), Vitamin B5: 0.75mg (7.5%), Magnesium: 29.75mg (7.44%), Copper: 0.14mg (7.18%), Zinc: 0.93mg (6.19%), Potassium: 207.73mg (5.94%), Vitamin E: 0.8mg (5.31%), Fiber: 1.31g (5.22%), Vitamin B3: 1.01mg (5.04%), Vitamin B6: 0.1mg (4.96%), Vitamin K: 1.28µg (1.22%)