



Cream Puff Gateau

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter plus more for buttering pans cut into pieces,
- ☐ 5 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups heavy whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 3 tablespoons raspberry preserves
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 1 cup coconut or unsweetened flaked (see Notes)

Equipment

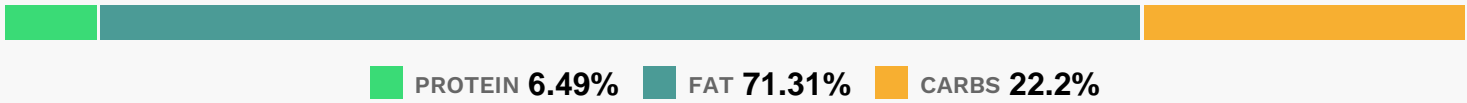
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ spatula
- ☐ serrated knife

Directions

- ☐ Preheat oven to 40
- ☐ Butter 3 large baking sheets and set aside.
- ☐ In a medium pan over medium heat, melt 1/2 cup butter with 1 cup water; bring mixture to a simmer. Reduce heat to low and immediately add flour, sugar, and salt all at once. Stir vigorously with a wooden spoon until the mixture forms a ball that pulls away from sides of pan, about 1 minute.
- ☐ Remove from heat.
- ☐ Add eggs one at a time, stirring vigorously to fully incorporate each egg before adding the next. The mixture will appear to separate at first; keep stirring until dough comes together into a smooth paste.
- ☐ Divide dough evenly among the 3 prepared baking sheets. Using a spatula, spread dough into 8-in. circles.
- ☐ Bake pastry layers 20 minutes, then reduce heat to 350 and bake until browned, 10 to 15 minutes. (Pastry may be baked in batches.)
- ☐ Transfer layers to cooling racks and set aside. Meanwhile, spread coconut on a baking sheet and bake at 350 until lightly toasted, about 10 minutes.
- ☐ In a large bowl, beat cream to soft peaks.
- ☐ Add powdered sugar and beat to combine.

Spread each pastry layer with 1 tbsp. preserves, then top each with 1/3 of the whipped cream and 1/3 of the coconut. Stack the circles and slice with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:12.47, Inflammation Score:-6, Nutrition Score:9.4186956830647%

Nutrients (% of daily need)

Calories: 466.35kcal (23.32%), Fat: 37.61g (57.86%), Saturated Fat: 24.64g (153.99%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 24.1g (8.77%), Sugar: 11.05g (12.28%), Cholesterol: 197.18mg (65.73%), Sodium: 227.05mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Selenium: 18.52µg (26.46%), Vitamin A: 1179.28IU (23.59%), Manganese: 0.41mg (20.54%), Vitamin B2: 0.33mg (19.18%), Phosphorus: 131.35mg (13.14%), Folate: 47.27µg (11.82%), Vitamin B1: 0.15mg (10.16%), Iron: 1.71mg (9.51%), Fiber: 2.24g (8.94%), Vitamin D: 1.34µg (8.93%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1.13mg (7.55%), Copper: 0.14mg (7.12%), Vitamin B12: 0.37µg (6.23%), Calcium: 57.06mg (5.71%), Zinc: 0.85mg (5.67%), Vitamin B6: 0.11mg (5.47%), Vitamin B3: 1.05mg (5.24%), Magnesium: 20.46mg (5.11%), Potassium: 169.23mg (4.84%), Vitamin K: 2.59µg (2.47%), Vitamin C: 1.09mg (1.32%)