



## Cream Puff Ghosts

READY IN



60 min.

SERVINGS



9

CALORIES



442 kcal

SIDE DISH

### Ingredients

- 0.7 cup brown sugar packed
- 0.7 cup brown sugar packed
- 6 tablespoons butter
- 9 servings chocolate chips black miniature
- 9 servings powdered sugar
- 4 eggs
- 1 cup flour all-purpose
- 2 envelopes gelatin powder unflavored
- 1 cup cup heavy whipping cream

- 1 cup milk
- 0.5 cup orange juice cold
- 1.5 teaspoons pumpkin pie spice
- 0.3 teaspoon salt
- 15 ounces pumpkin puree canned
- 1 teaspoon sugar
- 0.8 cup water

## Equipment

- baking sheet
- sauce pan
- oven
- knife

## Directions

- In a saucepan, bring the water, butter, sugar and salt to a boil.
- Add flour all at once and stir until a smooth ball forms.
- Remove from the heat; let stand for 5 minutes.
- Add eggs, one at a time, beating well after each addition.
- Continue beating until mixture is smooth and shiny. Drop by 1/3 cupfuls 3 in. apart onto ungreased baking sheets; spread into 4-in. x 3-in. ovals. Using a knife coated with cooking spray, make a wavy edge at the bottom of the ghost as shown in photo below left.
- Bake at 400° for 30–35 minutes or until golden brown.
- Remove to wire racks to cool.
- Meanwhile, in a saucepan, sprinkle gelatin over orange juice; let stand for 1 minute. Stir in the milk and brown sugar; cook and stir over low heat until gelatin and sugar are completely dissolved. Stir in pumpkin and pumpkin pie spice. Cover and refrigerate for 45–60 minutes or until thickened. Fold in whipped cream.
- Split cream puffs in half; remove dough from inside. Set aside 1 to 2 tablespoons of filling for eyes. Spoon remaining filling into cream puffs; replace tops. Dust with confectioners' sugar.

Place two small dots of reserved filling on each ghost; top with jelly beans.

Serve immediately.

## Nutrition Facts

**PROTEIN 6.75%** **FAT 40.77%** **CARBS 52.48%**

### Properties

Glycemic Index:31.68, Glycemic Load:9.19, Inflammation Score:-10, Nutrition Score:13.04565212001%

### Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 441.92kcal (22.1%), Fat: 20.47g (31.49%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 57.47g (20.9%), Sugar: 45.39g (50.43%), Cholesterol: 125.95mg (41.98%), Sodium: 186.1mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Vitamin A: 8153.31IU (163.07%), Selenium: 13.4µg (19.15%), Vitamin B2: 0.28mg (16.68%), Manganese: 0.25mg (12.48%), Phosphorus: 119.86mg (11.99%), Folate: 46.62µg (11.66%), Iron: 2.02mg (11.22%), Calcium: 111.49mg (11.15%), Vitamin C: 9.11mg (11.04%), Vitamin B1: 0.16mg (10.82%), Vitamin K: 9.35µg (8.9%), Potassium: 283.61mg (8.1%), Vitamin B5: 0.8mg (8%), Vitamin E: 1.2mg (8%), Vitamin D: 1.11µg (7.42%), Copper: 0.15mg (7.41%), Fiber: 1.82g (7.29%), Magnesium: 27mg (6.75%), Vitamin B12: 0.38µg (6.31%), Vitamin B3: 1.16mg (5.79%), Vitamin B6: 0.11mg (5.61%), Zinc: 0.64mg (4.28%)