



Cream Puff Sundaes

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter cut into 1/2-inch chunks
- ☐ 1 cups caramel topping homemade
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon sugar
- ☐ 1 quart whipped cream

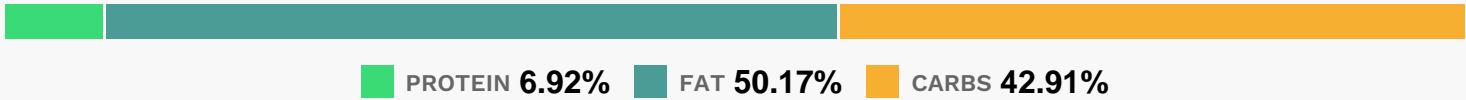
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a 2- to 3-quart pan, combine 3/4 cup water, 6 tablespoons butter, and sugar. Bring to a boil over high heat.
- ☐ When butter is melted, remove from heat and add flour all at once. Beat with a sturdy spoon until well blended. Return pan to heat and stir vigorously until mixture forms a ball and leaves sides of pan, 1 to 2 minutes.
- ☐ Let mixture cool for 5 minutes.
- ☐ Transfer the mixture to a food processor, or leave in pan.
- ☐ Add eggs 1 at a time; whirl or beat until smooth after each addition.
- ☐ Let the batter cool 10 minutes.
- ☐ With a spoon, drop batter in 8 (1/4 cup) to 10 (slightly more than 3 tablespoons) portions at least 2 inches apart on a lightly buttered 14- by 17-inch baking sheet.
- ☐ Bake in the center of a 375 oven until brown and firm when pressed, about 45 minutes (about 30 minutes in a convection oven).
- ☐ Remove pan from oven and quickly cut the top 1/3 off each puff, then set back in place. Return to oven and bake until puffs are crisper and slightly browner, about 10 more minutes. Cool on racks.
- ☐ Scoop out and discard moist interiors of puffs and fill the hollows with ice cream. Set cream puff tops on the ice cream and set puffs on plates.
- ☐ Drizzle with chocolate sauce, add dollops of whipped cream, and sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:18.56, Inflammation Score:-5, Nutrition Score:8.3152174301769%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 399.11kcal (19.96%), Fat: 22.61g (34.79%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 42.07g (15.3%), Sugar: 33.44g (37.16%), Cholesterol: 97.44mg (32.48%), Sodium: 253.48mg (11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin B2: 0.35mg (20.72%), Manganese: 0.33mg (16.61%), Phosphorus: 165.03mg (16.5%), Vitamin A: 803.27IU (16.07%), Calcium: 148.35mg (14.84%), Selenium: 9.99µg (14.27%), Vitamin B1: 0.16mg (10.35%), Vitamin B12: 0.55µg (9.19%), Vitamin B5: 0.91mg (9.11%), Zinc: 1.16mg (7.73%), Folate: 30.67µg (7.67%), Potassium: 259.85mg (7.42%), Magnesium: 25.09mg (6.27%), Fiber: 1.44g (5.76%), Copper: 0.11mg (5.57%), Vitamin E: 0.8mg (5.3%), Iron: 0.92mg (5.11%), Vitamin B6: 0.09mg (4.36%), Vitamin B3: 0.74mg (3.7%), Vitamin D: 0.49µg (3.26%)