

Cream Puffs



Vegetarian



Popular

READY IN



55 min.

SERVINGS



20

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups heavy cream
- ☐ 7 ounce vanilla pudding mix instant
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

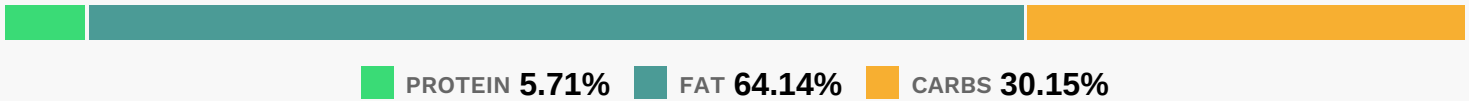
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ Mix together vanilla instant pudding mix, cream and milk. Cover and refrigerate to set.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large pot, bring water and butter to a rolling boil. Stir in flour and salt until the mixture forms a ball.
- ☐ Transfer the dough to a large mixing bowl. Using a wooden spoon or stand mixer, beat in the eggs one at a time, mixing well after each. Drop by tablespoonfuls onto an ungreased baking sheet.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until golden brown. Centers should be dry.
- ☐ When the shells are cool, either split and fill them with the pudding mixture, or use a pastry bag to pipe the pudding into the shells.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:3.67, Inflammation Score:-3, Nutrition Score:3.2982608902714%

Nutrients (% of daily need)

Calories: 201.87kcal (10.09%), Fat: 14.52g (22.34%), Saturated Fat: 8.91g (55.7%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 15.13g (5.5%), Sugar: 9.21g (10.23%), Cholesterol: 73.3mg (24.43%), Sodium: 152.84mg (6.65%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin A: 558.96IU (11.18%), Selenium: 5.91µg (8.45%), Vitamin B2: 0.14mg (7.99%), Phosphorus: 51.86mg (5.19%), Vitamin D: 0.69µg (4.61%), Vitamin B1: 0.06mg (4.3%), Folate: 16.7µg (4.17%), Calcium: 38.81mg (3.88%), Vitamin B12: 0.19µg (3.2%), Vitamin E: 0.45mg (3.02%), Vitamin B5: 0.27mg (2.75%), Iron: 0.48mg (2.65%), Manganese: 0.05mg (2.33%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.27mg (1.82%), Potassium: 63.09mg (1.8%), Vitamin B6: 0.03mg (1.68%), Magnesium: 5.79mg (1.45%), Vitamin K: 1.24µg (1.18%), Copper: 0.02mg (1.1%)