

health-score 52%

HEALTH SCORE

Cream Puffs

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

1

CALORIES

calories

2096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick plus 1 tablespoon butter unsalted cut into cubes
- ☐ 8 large eggs large
- ☐ 1.5 cups flour all-purpose
- ☐ 1 serving chocolate pastry cream sweetened for serving
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups water

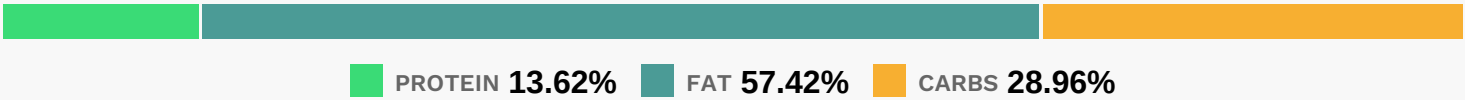
Equipment

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

Directions

- ☐ Preheat the oven to 40
- ☐ Line 2 large baking sheets with parchment paper.
- ☐ In a large saucepan, combine the water, butter, sugar and salt and bring to a boil. Reduce the heat to moderate.
- ☐ Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan, 2 minutes.
- ☐ Remove the pan from the heat.
- ☐ In a bowl, beat 7 eggs and add to the dough in four batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth. The dough should be glossy and very slowly hang, stretch and fall from the spoon in thick ribbons. If necessary, beat in the remaining egg.
- ☐ Transfer the dough to a piping bag fitted with a 1/2-inch plain tip. Pipe 1 1/2-inch mounds onto the baking sheets, leaving 1 inch between them. Spray the mounds with nonstick cooking spray.
- ☐ Bake the choux for about 35 minutes, until browned and puffed, shifting the sheets from top to bottom and front to back halfway through.
- ☐ Let cool completely.
- ☐ Using a serrated knife, slice off the tops and reserve. Fill the bottom halves with sweetened whipped cream and fresh raspberries, or Chocolate Pastry Cream. Replace the tops, dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:250.09, Glycemic Load:106.75, Inflammation Score:-10, Nutrition Score:55.096086999644%

Nutrients (% of daily need)

Calories: 2095.53kcal (104.78%), Fat: 132.87g (204.41%), Saturated Fat: 71.72g (448.27%), Carbohydrates: 150.76g (50.25%), Net Carbohydrates: 145.7g (52.98%), Sugar: 6.53g (7.25%), Cholesterol: 1735.51mg (578.5%), Sodium: 2479.34mg (107.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.92g (141.84%), Selenium: 187.6µg (268.01%), Vitamin B2: 2.8mg (164.55%), Folate: 534.7µg (133.67%), Vitamin B1: 1.64mg (109.32%), Phosphorus: 1026.96mg (102.7%), Vitamin A: 5024.97IU (100.5%), Iron: 15.74mg (87.43%), Vitamin B5: 7.1mg (70.96%), Manganese: 1.39mg (69.7%), Vitamin B12: 3.77µg (62.83%), Vitamin B3: 11.42mg (57.11%), Vitamin D: 8.02µg (53.49%), Vitamin E: 6.97mg (46.48%), Zinc: 6.64mg (44.24%), Vitamin B6: 0.77mg (38.42%), Copper: 0.62mg (30.83%), Calcium: 296.71mg (29.67%), Magnesium: 95.75mg (23.94%), Potassium: 788.89mg (22.54%), Fiber: 5.06g (20.25%), Vitamin K: 9.79µg (9.32%)