



Cream Puffs

READY IN



115 min.

SERVINGS



10

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon nutmeg
- ☐ 1 package vanilla pudding instant (4-serving size)
- ☐ 1 cup milk
- ☐ 1 teaspoon peppermint extract
- ☐ 0.3 cup powdered sugar

- ☐ 10 servings powdered sugar
- ☐ 1 teaspoon rum extract
- ☐ 1 cup water
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 400F. In 2 1/2-quart saucepan, heat water and butter to rolling boil. Stir in flour; reduce heat to low. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat. Beat in eggs, all at once; continue beating until smooth.
- ☐ On ungreased cookie sheet, drop dough by slightly less than 1/4 cupfuls about 3 inches apart.
- ☐ Bake 35 to 40 minutes or until puffed and golden. Cool away from draft, about 30 minutes.
- ☐ Make one of the fillings (directions below).
- ☐ Cut off top third of each puff and pull out any strands of soft dough. Fill puffs with filling; replace tops. Cover; refrigerate until serving. Store covered in refrigerator. Eggnog Fluff Filling: In large bowl, beat pudding mix, milk, rum extract, nutmeg and ginger with electric mixer on low speed until well blended.
- ☐ Add whipping cream; beat on high speed 1 to 2 minutes or until soft peaks form. Fill puffs.
- ☐ Serve immediately, or cover and refrigerate up to 3 hours. Just before serving, sprinkle with powdered sugar or brush tops with light corn syrup and sprinkle with colored sugar or nonpareils. Peppermint Whipped Cream Filling: In large bowl, beat ingredients with electric mixer on high speed until stiff peaks form. Fill puffs.
- ☐ Serve immediately, or cover and refrigerate up to 4 hours.

Nutrition Facts



 PROTEIN **5.61%**  FAT **63.08%**  CARBS **31.31%**

Properties

Glycemic Index:18.3, Glycemic Load:7.37, Inflammation Score:-6, Nutrition Score:6.7626086732616%

Nutrients (% of daily need)

Calories: 410.3kcal (20.51%), Fat: 29.01g (44.63%), Saturated Fat: 13.93g (87.06%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 31.95g (11.62%), Sugar: 21.15g (23.5%), Cholesterol: 122.19mg (40.73%), Sodium: 216.84mg (9.43%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 5.81g (11.62%), Vitamin A: 1240.5IU (24.81%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.27mg (16.09%), Phosphorus: 103.94mg (10.39%), Vitamin D: 1.38µg (9.21%), Vitamin B1: 0.13mg (8.68%), Folate: 33.32µg (8.33%), Calcium: 78.33mg (7.83%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.38µg (6.27%), Manganese: 0.12mg (5.81%), Vitamin B5: 0.55mg (5.47%), Iron: 0.97mg (5.37%), Vitamin B3: 0.82mg (4.1%), Potassium: 128.34mg (3.67%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.44%), Magnesium: 12.22mg (3.06%), Copper: 0.05mg (2.27%), Fiber: 0.44g (1.77%), Vitamin K: 1.69µg (1.61%)