



## Cream Puffs

 Popular

READY IN



115 min.

SERVINGS



10

CALORIES



544 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup water
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 4 eggs
- ☐ 1 package vanilla pudding instant (4-serving size)
- ☐ 1 cup milk
- ☐ 1 teaspoon rum extract
- ☐ 1 teaspoon nutmeg

- ☐ 0.3 teaspoon ground ginger
- ☐ 2 cups whipping cream
- ☐ 1 serving powdered sugar
- ☐ 2 cups whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 1 teaspoon peppermint extract
- ☐ 5 drop natural food coloring green red

## Equipment

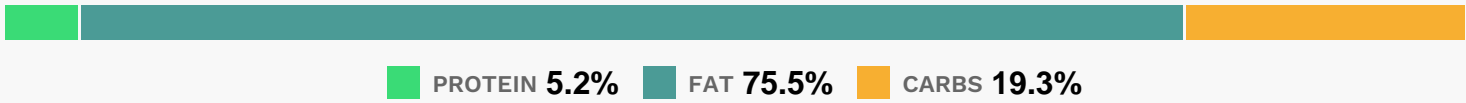
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Heat oven to 400°F. 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



### Properties

Glycemic Index:18.3, Glycemic Load:7.37, Inflammation Score:-8, Nutrition Score:8.7086956293687%

### Nutrients (% of daily need)

Calories: 544.13kcal (27.21%), Fat: 46.19g (71.07%), Saturated Fat: 24.88g (155.48%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 26.12g (9.5%), Sugar: 15.49g (17.22%), Cholesterol: 175.98mg (58.66%), Sodium: 229.55mg (9.98%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 7.16g (14.32%), Vitamin A: 1940.22IU (38.8%), Vitamin B2: 0.36mg (21.27%), Selenium: 13.1µg (18.72%), Vitamin D: 2.14µg (14.29%), Phosphorus: 131.54mg (13.15%), Calcium: 109.68mg (10.97%), Vitamin E: 1.43mg (9.55%), Vitamin B1: 0.14mg (9.32%), Folate: 35.23µg (8.81%), Vitamin B12: 0.45µg (7.53%), Vitamin B5: 0.67mg (6.68%), Manganese: 0.12mg (5.82%), Iron: 1.01mg (5.61%), Potassium: 173.42mg (4.95%), Zinc: 0.65mg (4.36%), Vitamin B6: 0.09mg (4.27%), Vitamin B3: 0.85mg (4.25%), Magnesium: 15.55mg (3.89%), Vitamin K: 3.21µg (3.06%), Copper: 0.05mg (2.5%), Fiber: 0.44g (1.77%)