



Cream Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2.5 cups cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup butter unsalted cut into 8 pieces (1 stick)
- ☐ 0.5 cup milk whole

Equipment

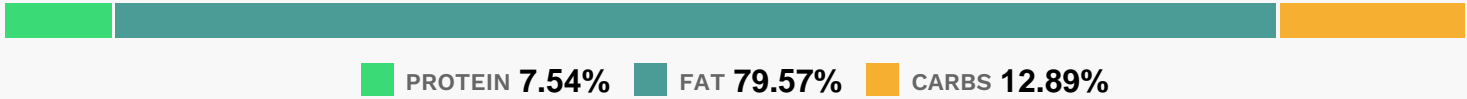
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ ziploc bags
- ☐ pastry bag
- ☐ serrated knife

Directions

- ☐ Line 2 baking sheets with parchment paper. Fit 1 large pastry bag (or a plastic freezer bag with 1/2" cut from one bottom corner) with plain 1/2" tip.
- ☐ Bring milk, butter, 1 teaspoon sugar, salt, and 1/2 cup water to a boil in a medium saucepan over medium heat, stirring occasionally.
- ☐ Add flour all at once; reduce heat to medium-low. Stir vigorously with a wooden spoon until a dough forms and pulls away from sides of pan, 1-2 minutes. Continue beating vigorously until a thin dry film forms on bottom and sides of pot, about 1 minute.
- ☐ Transfer to a bowl.
- ☐ Add 1 egg and stir vigorously with wooden spoon until egg is incorporated and dough looks dry again, about 2 minutes. Repeat with 4 more eggs, adding one at a time and stirring vigorously to incorporate before adding the next. Dough should be smooth, shiny, and thickened.
- ☐ Spoon dough into prepared pastry bag; pipe out 2 1/2"-diameter rounds on prepared sheets, leaving 2" between rounds. DO AHEAD: Freeze the piped dough rounds on the baking sheets, then transfer to resealable plastic bags and freeze for up to 1 month.
- ☐ Place on parchment paper-lined baking sheets, spacing apart (do not defrost) before continuing with recipe.
- ☐ Arrange racks in upper and middle thirds of oven and preheat to 450°F.
- ☐ Whisk remaining egg with 2 teaspoons water and brush dough rounds all over with egg wash.

- ☐ Transfer baking sheets to oven; turn oven off. After 10 minutes, heat oven to 350°F and bake for 10 minutes. Rotate pans front to back and top to bottom; continue baking until deep golden brown all over, about 10 minutes longer (puffs will deflate if removed from oven before fully baked).
- ☐ Transfer puffs to a wire rack and let cool completely.
- ☐ Using a serrated knife, gently slice the top quarter off each puff; transfer tops to a plate. With your finger, gently push down the soft film of cooked dough inside each puff.
- ☐ Prepare a second pastry bag (or freezer bag) with 1/2" open-star tip. Beat heavy cream and remaining 2 tablespoons sugar in a large bowl until soft peaks form. Spoon whipped cream into prepared pastry bag. Fill each puff with cream, finishing with a generous ring of cream on top. Dust tops of cream puffs with powdered sugar; place atop puffs.

Nutrition Facts



Properties

Glycemic Index: 11.44, Glycemic Load: 4.62, Inflammation Score: -5, Nutrition Score: 4.8778260259525%

Nutrients (% of daily need)

Calories: 238.09kcal (11.9%), Fat: 21.28g (32.74%), Saturated Fat: 12.94g (80.86%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.55g (2.75%), Sugar: 1.8g (2%), Cholesterol: 127.94mg (42.65%), Sodium: 185.84mg (8.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.54g (9.07%), Vitamin A: 837.53IU (16.75%), Selenium: 9.74µg (13.91%), Vitamin B2: 0.21mg (12.19%), Vitamin D: 1.16µg (7.74%), Phosphorus: 76.54mg (7.65%), Folate: 24.81µg (6.2%), Vitamin B1: 0.08mg (5.39%), Vitamin E: 0.71mg (4.75%), Calcium: 47.39mg (4.74%), Vitamin B12: 0.28µg (4.66%), Vitamin B5: 0.45mg (4.53%), Iron: 0.73mg (4.06%), Manganese: 0.06mg (2.99%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.66%), Vitamin B3: 0.51mg (2.55%), Potassium: 82.74mg (2.36%), Magnesium: 7.63mg (1.91%), Vitamin K: 1.79µg (1.7%), Copper: 0.03mg (1.51%)