



Cream Puffs I

READY IN



90 min.

SERVINGS



20

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 egg yolks beaten
- 4 eggs
- 1 cup flour all-purpose
- 2 cups milk
- 1 pinch salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 1 cup water
- 0.5 cup sugar white

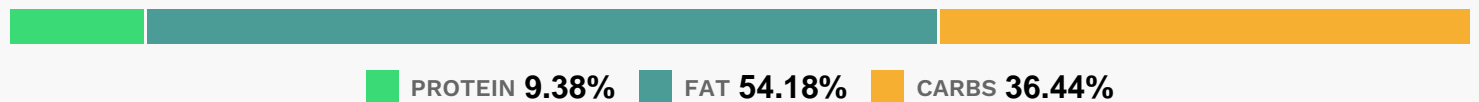
Equipment

- baking sheet
- sauce pan
- oven

Directions

- For the custard: In a small saucepan, combine 1/2 cup sugar, 5 tablespoons flour and a pinch of salt. Stir in milk, a little at a time, until smooth. Bring to a boil over medium heat, stirring constantly. Boil 60 seconds, then pour a small amount of hot liquid into the 2 egg yolks, and stir. Then return now heated egg yolks to saucepan and stir, over heat, until mixture starts to bubble again.
- Remove from heat, add vanilla. Cover and chill in refrigerator.
- Preheat oven to 450 degrees F (230 degrees C).
- For the pastry: In a medium saucepan, combine shortening and water and bring to a boil. Sift together 1 cup flour and a pinch of salt and pour all at once into boiling mixture. Stir vigorously until mixture forms a ball.
- Remove from heat, and add eggs, one at a time, stirring vigorously after each addition. Drop by spoonfuls onto baking sheet, or pipe into desired shape.
- Bake 10 minutes in the preheated oven, then reduce heat to 400 degrees F (200 degrees C) and bake 25 minutes more, or until golden. Cool completely, split, fill with custard, and replace tops.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:3.0252173957617%

Nutrients (% of daily need)

Calories: 120.9kcal (6.05%), Fat: 7.3g (11.23%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.87g (3.95%), Sugar: 6.25g (6.94%), Cholesterol: 55.1mg (18.37%), Sodium: 25.56mg (1.11%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 2.84g (5.68%), Selenium: 6.32µg (9.03%), Vitamin B2:

0.12mg (6.79%), Phosphorus: 55.85mg (5.59%), Vitamin B1: 0.07mg (4.7%), Folate: 18.2µg (4.55%), Vitamin B12: 0.25µg (4.09%), Calcium: 38.68mg (3.87%), Vitamin D: 0.54µg (3.61%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.47mg (3.13%), Iron: 0.5mg (2.77%), Vitamin K: 2.86µg (2.72%), Manganese: 0.05mg (2.39%), Vitamin A: 113IU (2.26%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.95%), Potassium: 57.79mg (1.65%), Magnesium: 5.59mg (1.4%)