



Cream Puffs II

READY IN



75 min.

SERVINGS



12

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 1 pint heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 tablespoon sugar white

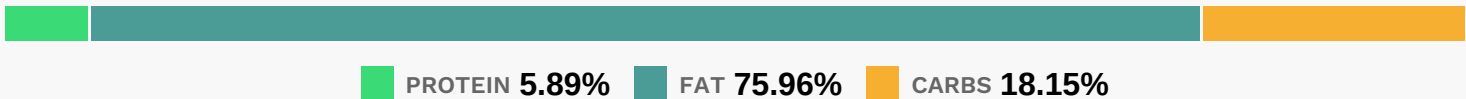
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In medium saucepan, bring water to a boil.
- ☐ Add butter and stir as it melts, then return to a boil.
- ☐ Add flour and salt all at once and stir vigorously until mixture forms a ball.
- ☐ Remove from heat and add eggs, one at a time, stirring vigorously after each until smooth. Drop by heaping tablespoons, 3 inches apart, on a cookie sheet.
- ☐ Bake 15 minutes in the preheated oven then reduce heat to 325 degrees F (165 degrees C) and bake 25 minutes more.
- ☐ Remove puffs from oven, split and remove soft dough from center. Turn oven off, and replace puffs to dry in cooling oven, 20 minutes more. Cool completely on wire rack.
- ☐ In medium bowl, whip cream with electric mixer until stiff peaks form. Stir in vanilla and sugar. Fill puffs with whipped cream. Melt chocolate chips in microwave or slowly over low heat.
- ☐ Drizzle melted chocolate over tops of cream puffs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:6.45, Inflammation Score:-5, Nutrition Score:5.9047825867715%

Nutrients (% of daily need)

Calories: 308.53kcal (15.43%), Fat: 26.28g (40.43%), Saturated Fat: 16.06g (100.36%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.25g (4.82%), Sugar: 5.01g (5.57%), Cholesterol: 119.9mg (39.97%), Sodium: 142.71mg (6.2%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.58g (9.17%), Vitamin A: 898.95IU (17.98%), Selenium: 9.95µg (14.21%), Vitamin B2: 0.2mg (11.76%), Manganese: 0.18mg (8.77%), Phosphorus: 84.94mg (8.49%), Iron: 1.26mg (6.98%), Folate: 27.82µg (6.95%), Vitamin B1: 0.1mg (6.56%), Copper: 0.13mg (6.34%), Vitamin D: 0.92µg (6.16%), Vitamin E: 0.79mg (5.24%), Magnesium: 20.42mg (5.1%), Calcium: 43.37mg (4.34%), Vitamin B5: 0.4mg (4.04%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.22µg (3.72%), Vitamin B3: 0.72mg (3.59%), Fiber: 0.88g (3.53%), Potassium: 113.92mg (3.25%), Vitamin K: 2.54µg (2.42%), Vitamin B6: 0.05mg (2.31%)