



Cream Puffs with Ice Cream and Caramel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- 4.8 ounces bread flour
- 3 tablespoons butter
- 0.5 cup caramel sundae syrup fat-free
- 3 large egg whites
- 2 large eggs
- 2 cups whipped cream low-fat
- 0.3 teaspoon salt
- 1 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- wire rack
- wooden spoon
- stand mixer
- measuring cup

Directions

- Preheat oven to 425
- Cover a large, heavy baking sheet with parchment paper; set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife. Set aside.
- Combine 1 cup water, butter, and salt in a large, heavy saucepan over medium-high heat; bring to a boil, stirring occasionally with a wooden spoon.
- Add flour, stirring well until mixture is smooth and pulls away from sides of pan. Cook 30 seconds, stirring constantly.
- Remove from heat.
- Place dough in bowl of a stand mixer.
- Add egg whites and eggs, 1 at a time, beating at medium speed with a paddle attachment until well combined. Beat 2 minutes at medium speed.
- Scoop the dough by 1/4 cupfuls into 8 mounds 2 inches apart onto prepared pan.
- Bake at 425 for 20 minutes. Reduce oven temperature to 350 (do not remove pan from oven); bake an additional 30 minutes. Turn oven off. Pierce top of each cream puff with a knife; return pan to oven. Cool cream puffs in closed oven for 20 minutes.

- Remove from oven; cool completely on a wire rack.
- Split cream puffs in half horizontally. Fill each puff with 1/4 cup ice cream and 1 tablespoon syrup.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:11.91, Inflammation Score:-3, Nutrition Score:4.7660869334055%

Nutrients (% of daily need)

Calories: 221.63kcal (11.08%), Fat: 7.58g (11.67%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 31.14g (11.32%), Sugar: 16.64g (18.49%), Cholesterol: 68.05mg (22.68%), Sodium: 222.82mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Selenium: 13.99µg (19.99%), Vitamin B2: 0.22mg (12.96%), Phosphorus: 88.84mg (8.88%), Calcium: 80.68mg (8.07%), Vitamin A: 381.99IU (7.64%), Manganese: 0.15mg (7.37%), Vitamin B12: 0.34µg (5.59%), Vitamin B5: 0.5mg (5%), Potassium: 143.89mg (4.11%), Zinc: 0.59mg (3.96%), Folate: 14.64µg (3.66%), Magnesium: 13.5mg (3.37%), Copper: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.62%), Iron: 0.45mg (2.52%), Vitamin E: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.27%), Fiber: 0.52g (2.07%), Vitamin D: 0.29µg (1.92%), Vitamin B3: 0.24mg (1.22%)