



WHATSheATE



Cream Puffs with Lemon-Cream Filling



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups flour sifted (, then measured)
- ☐ 0.8 cup butter unsalted diced ()
- ☐ 1 large eggs
- ☐ 6 large eggs divided
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.8 cup water
- ☐ 4 ounces chocolate white finely chopped (such as Lindt or Perugina)
- ☐ 0.8 cup milk whole

Equipment

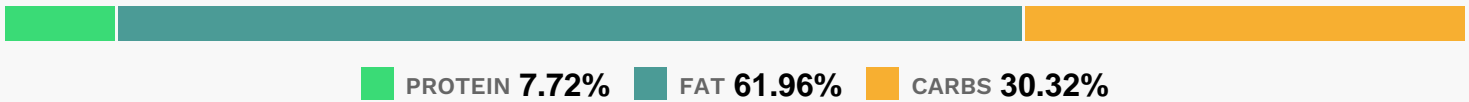
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ pastry bag

Directions

- ☐ Combine sugar, egg, lemon juice, lemon peel, and pinch of salt in heavy small saucepan; whisk to blend.
- ☐ Add butter. Stir constantly over medium-low heat until curd is hot and thick enough to coat spoon (do not boil), 4 to 5 minutes.
- ☐ Transfer lemon curd to medium bowl. Using electric mixer, beat cream in another medium bowl until peaks form. Fold whipped cream into curd in 3 additions. Cover and chill filling 1 hour. DO AHEAD: Can be made 2 hours ahead. Keep chilled.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 425°F. Line 2 large rimmed baking sheets with parchment paper. Bring first 4 ingredients to boil in heavy large saucepan over medium heat, stirring with wooden spoon until butter melts.
- ☐ Add flour all at once and stir vigorously until dough forms and pulls away from sides of pan. Continue to stir until film forms on pan bottom, 1 to 2 minutes longer.

- ☐ Transferdough to large bowl. Cool 5 minutes,stirring occasionally.
- ☐ Add 1 egg and, stillusing wooden spoon, beat until blended.
- ☐ Add remaining 5 eggs, 1 at a time, beatinguntil blended after each, then beat untildough is smooth and shiny, 2 to 3 minutes.
- ☐ Working in batches, transfer dough to pastry bag fitted with 1/2-inch plainround tip. Pipe 1- to 1 1/4-inch mounds,spaced about 2 inches apart, onto preparedbaking sheets. Using wet finger, smoothtops of mounds.
- ☐ Bake puffs 15 minutes. Reverse bakingsheets. Reduce oven temperature to 350°F.Continue to bake until puffs are dry, firm,and deep golden brown, 30 to 35 minuteslonger. Cool puffs on baking sheets.
- ☐ Cut each puff horizontallyin half; pull out any soft dough. Fill puffbottoms with 1 tablespoon lemon-creamfilling.
- ☐ Place egg-shaped candy atop filling,if desired. Press on puff tops to adhere.
- ☐ Place white chocolate in medium metalbowl. Set bowl over small saucepan ofbarely simmering water. Stir until chocolateis soft and almost melted.
- ☐ Remove fromover water; stir until completely meltedand smooth. Using teaspoon, drizzlewhite chocolate decoratively over eachcream puff. Arrange filled puffs on platter.Refrigerate until chocolate glaze sets, atleast 15 minutes and up to 3 hours.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:22.34, Inflammation Score:-6, Nutrition Score:8.9578259924184%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 433.37kcal (21.67%), Fat: 30.19g (46.44%), Saturated Fat: 17.89g (111.79%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 32.66g (11.88%), Sugar: 18.6g (20.67%), Cholesterol: 198.28mg (66.09%), Sodium: 192.87mg

(8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Selenium: 18.91µg (27.02%), Vitamin B2: 0.36mg (21.38%), Vitamin A: 997.88IU (19.96%), Phosphorus: 146.41mg (14.64%), Folate: 54.28µg (13.57%), Vitamin B1: 0.19mg (12.39%), Vitamin D: 1.54µg (10.25%), Vitamin B12: 0.54µg (9.01%), Calcium: 88.75mg (8.88%), Iron: 1.55mg (8.61%), Vitamin B5: 0.84mg (8.44%), Vitamin E: 1.12mg (7.47%), Manganese: 0.14mg (7.08%), Vitamin B3: 1.27mg (6.33%), Zinc: 0.82mg (5.47%), Vitamin B6: 0.1mg (4.87%), Potassium: 161.93mg (4.63%), Magnesium: 14.48mg (3.62%), Vitamin C: 2.95mg (3.57%), Copper: 0.07mg (3.47%), Vitamin K: 3.2µg (3.05%), Fiber: 0.58g (2.32%)