



## Dark Chocolate-Caramel Cream Puffs

READY IN



70 min.

SERVINGS



42

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 10 ounce cacao bittersweet chocolate baking chips 60% ghirardelli®
- ☐ 0.5 cup butter
- ☐ 0.5 cup caramel topping prepared
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water
- ☐ 0.8 cup whipping cream

## Equipment

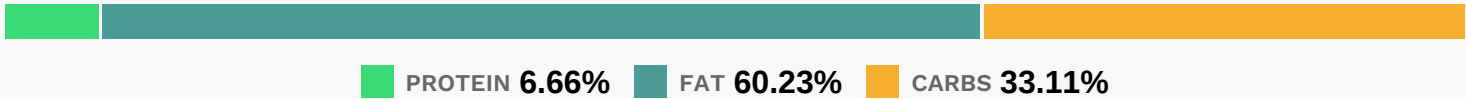
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ kitchen scissors

## Directions

- ☐ Preheat oven to 400 degrees F. For cream puffs, in a medium saucepan, combine water, butter, and salt; bring to a boil.
- ☐ Add flour all at once, stirring vigorously. Cook and stir until mixture forms a ball.
- ☐ Remove from heat. Cool for 10 minutes.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Drop dough by rounded teaspoons 2 inches apart onto 2 greased baking sheets.
- ☐ Bake one sheet at a time for 20 to 25 minutes (keep remaining dough covered while first batch bakes).
- ☐ Transfer to a wire rack; let cool for 15 minutes.\*
- ☐ Meanwhile, for filling, in a medium saucepan, bring cream just to a boiling over medium-high heat.
- ☐ Remove from heat.
- ☐ Add Ghirardelli® 60% Cacao Bittersweet Chocolate Baking Chips. Do not stir.
- ☐ Let stand for 5 minutes. Stir until smooth. Stir in caramel topping. Cool for 15 minutes before using.
- ☐ Using kitchen scissors, cut tops from cream puffs; remove any soft dough from inside. Spoon about 1 tablespoon filling into each cream puff. Replace tops. If desired, drizzle with additional prepared caramel topping and/or Chocolate
- ☐ Drizzle.

- ☐ For Chocolate
- ☐ Drizzle, in a small microwave–safe bowl, combine 1/2 cup Ghirardelli 60% Cacao Bittersweet Chocolate Baking Chips and 1 teaspoon shortening. Microwave at half power or defrost setting for 1 minute.
- ☐ Remove and stir. If chocolate is not melted, return to microwave and repeat heating step, stirring every 15 seconds to avoid scorching. Stir until smooth.

## Nutrition Facts



## Properties

Glycemic Index:2.98, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:1.7026087084542%

## Nutrients (% of daily need)

Calories: 92.91kcal (4.65%), Fat: 6.27g (9.65%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.98g (4.43%), Cholesterol: 26.27mg (8.76%), Sodium: 55.05mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Selenium: 2.84µg (4.05%), Vitamin B2: 0.05mg (3.22%), Vitamin A: 155.73IU (3.11%), Calcium: 28.19mg (2.82%), Phosphorus: 24.18mg (2.42%), Folate: 9.14µg (2.28%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.03mg (2.18%), Vitamin E: 0.25mg (1.7%), Iron: 0.3mg (1.69%), Potassium: 58.16mg (1.66%), Manganese: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.46%), Fiber: 0.34g (1.35%), Vitamin B3: 0.25mg (1.26%), Vitamin B12: 0.07µg (1.21%), Copper: 0.02mg (1.05%), Magnesium: 4.13mg (1.03%), Vitamin D: 0.15µg (1.01%)