



Espresso Cream Puffs

READY IN



45 min.

SERVINGS



24

CALORIES



65 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons cornstarch
- 1 large egg white
- 2 large egg yolks
- 2 large eggs
- 0.8 cup milk fat-free
- 1 cup milk fat-free
- 1 cup flour all-purpose
- 0.5 teaspoon gelatin powder unflavored
- 1 tablespoon espresso granules instant

- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 2 tablespoons stick margarine
- 2 teaspoons sugar
- 6 tablespoons sugar
- 0.5 teaspoon vanilla extract
- 1 tablespoon water
- 0.8 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- wire rack
- wooden spoon
- measuring cup

Directions

- Preheat oven to 40
- To prepare cream puffs, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 2 teaspoons sugar, and 1/4 teaspoon salt; set aside.
- Combine 1 cup milk, butter, and espresso granules in a large saucepan; bring to a boil. Reduce heat to low; add flour mixture, stirring well until mixture is smooth and pulls away from sides of pan.
- Remove mixture from heat.

- Add eggs and egg white, 1 at a time, beating well with a wooden spoon until smooth.
- Drop the dough by level tablespoons, 2 inches apart, onto baking sheets coated with cooking spray.
- Bake at 400 for 10 minutes. Reduce oven temperature to 350; bake an additional 10 minutes or until browned and crisp.
- Remove from oven; pierce the side of each cream puff with the tip of a sharp knife. Turn oven off; let cream puffs stand in partially closed oven for 20 minutes.
- Remove from baking sheet; cool completely on a wire rack.
- To prepare pastry cream, sprinkle gelatin over water in a small bowl; set aside.
- Combine 3/4 cup milk and next 5 ingredients (milk through egg yolks) in a medium saucepan.
- Place over low heat; cook until warm, stirring constantly. Stir in gelatin mixture; cook over medium heat until thick (about 8 minutes), stirring constantly.
- Remove from heat.
- Place pan in a large ice-filled bowl; let stand 15 minutes or until room temperature (do not allow mixture to set).
- Remove pan from ice. Gently whisk in whipped topping. Cover and chill 4 hours or until thick.
- Cut tops off cream puffs; fill each cream puff with 1 tablespoon filling.
- Sprinkle with powdered sugar, if desired.

Nutrition Facts

 PROTEIN **13.71%**  FAT **27.11%**  CARBS **59.18%**

Properties

Glycemic Index:11.74, Glycemic Load:5.49, Inflammation Score:-1, Nutrition Score:2.2465217471447%

Nutrients (% of daily need)

Calories: 65.25kcal (3.26%), Fat: 1.96g (3.02%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.66g (5.18%), Cholesterol: 31.71mg (10.57%), Sodium: 66.32mg (2.88%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 6.54mg (2.18%), Protein: 2.23g (4.46%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.1mg (5.75%), Phosphorus: 41.35mg (4.14%), Vitamin B1: 0.06mg (3.92%), Folate: 14.41µg (3.6%), Vitamin B12: 0.21µg (3.42%), Calcium: 31.96mg (3.2%), Vitamin A: 127.55IU (2.55%), Vitamin D: 0.36µg (2.38%), Manganese: 0.04mg (2.13%), Iron: 0.37mg (2.06%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.2mg (1.97%), Potassium: 55.6mg (1.59%), Zinc: 0.21mg (1.42%), Vitamin B6: 0.03mg (1.39%), Magnesium: 4.97mg (1.24%)