



Fluffy Herbed Appetizer Puffs

READY IN



50 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup water
- 0.3 cup butter
- 0.5 teaspoon salt
- 0.8 cup flour all-purpose
- 3 eggs
- 0.3 cup parmesan cheese grated
- 2 tablespoons chives fresh finely chopped
- 2 tablespoons basil fresh finely chopped

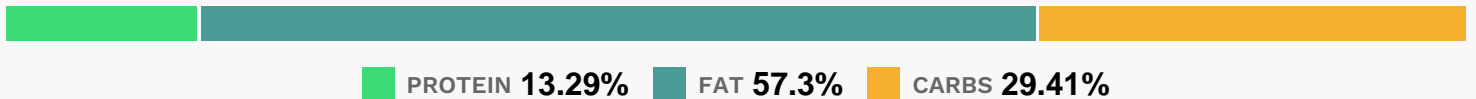
Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife

Directions

- Heat oven to 425°F. Line 2 cookie sheets with cooking parchment paper. In 2-quart saucepan, heat water, butter and salt to rolling boil over medium heat. When butter is melted, remove from heat; stir in flour all at once until blended.
- Return to medium heat; cook 1 to 1 1/2 minutes, stirring constantly, until dough forms a ball and leaves a slight film on side of pan.
- Remove from heat; stir in eggs, one at a time, stirring until thoroughly mixed. Stir in Parmesan cheese, chives and basil. On cookie sheets, drop by heaping teaspoonfuls 2 inches apart into 1 1/4-inch mounds, making 30 mounds.
- Bake about 20 minutes or until golden brown and set.
- Remove from oven; with tip of sharp knife, make small slit in side of each puff to allow steam to escape.
- Bake 5 to 8 minutes longer or until dry and firm.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:1.1295651994322%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 34.87kcal (1.74%), Fat: 2.21g (3.4%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.03g (0.03%), Cholesterol: 17.09mg (5.7%), Sodium: 77.8mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Selenium: 2.7µg (3.86%), Vitamin B2: 0.04mg (2.32%), Vitamin A: 114.37IU (2.29%), Folate: 8.16µg (2.04%), Phosphorus: 18mg (1.8%), Vitamin B1: 0.03mg (1.79%), Iron: 0.23mg (1.3%), Manganese: 0.03mg (1.28%), Calcium: 11.49mg (1.15%)