



## Goat Cheese and Sun Dried Tomato Profiteroles with Herb Oil

READY IN



90 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch pepper black freshly ground
- 6 servings pepper black freshly ground
- 0.3 cup cup heavy whipping cream
- 3 large eggs
- 0.5 cup flour all-purpose
- 0.8 cup basil leaves fresh
- 0.8 cup mint leaves fresh
- 8 ounces goat cheese room temperature

- 1 cup olive oil
- 3 tablespoons parmesan grated
- 1 pinch salt
- 1 pinch salt and pepper black freshly ground
- 0.5 cup sun tomatoes dried diced
- 0.3 cup butter unsalted cut into pieces
- 1 cup walnuts toasted chopped for garnish
- 0.5 cup water

## Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- plastic wrap
- hand mixer
- wooden spoon
- measuring cup
- serrated knife

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Line a heavy large baking sheet with a silicon pad or parchment paper.
- Combine the water, butter, and salt in a heavy medium saucepan over medium heat. Bring to a boil, stirring until the butter melts.

- Add the flour and stir over medium heat for 1 minute. Cool for 5 minutes. Crack the eggs into a measuring cup. Use a wooden spoon to beat the eggs into the dough, 1 at a time. Stir in the Parmesan and pepper. Spoon 18 mounds of dough onto the prepared baking sheet, spacing 2 inches apart.
- Bake until the profiteroles are puffed and golden, about 45 minutes. Allow the profiteroles to cool completely.;
- Combine the goat cheese and cream in a medium bowl. Using an electric mixer, whip together the cheese and the cream. Stir in the tomatoes, salt and pepper. Set aside.;
- Combine the herbs in a food processor and pulse to chop the herbs. With the machine running add the oil, salt, and pepper.
- Transfer to a small bowl, cover with plastic wrap and set aside.;
- Using a serrated knife, cut off the top of the profiteroles. Fill each profiterole with a spoonful of the goat cheese mixture and return the top of the pastry.
- Place a few profiteroles on a serving plate, drizzle with herb oil, and sprinkle with walnuts.
- Serve.;

## Nutrition Facts

**PROTEIN 13.1%** **FAT 73.62%** **CARBS 13.28%**

### Properties

Glycemic Index:53, Glycemic Load:7.28, Inflammation Score:-8, Nutrition Score:17.876086960668%

### Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

### Nutrients (% of daily need)

Calories: 504.58kcal (25.23%), Fat: 42.61g (65.55%), Saturated Fat: 16.1g (100.64%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 14.04g (5.1%), Sugar: 4.74g (5.26%), Cholesterol: 143.63mg (47.88%), Sodium: 238.26mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Manganese: 1.07mg (53.47%), Copper: 0.79mg (39.42%), Phosphorus: 288.99mg (28.9%), Vitamin A: 1409.08IU (28.18%), Vitamin B2: 0.43mg (25.36%), Vitamin K: 23.28µg (22.17%), Selenium: 14.69µg (20.99%), Iron: 3.51mg (19.48%), Folate: 70.02µg (17.51%), Magnesium: 68.76mg (17.19%), Vitamin B1: 0.24mg (16.16%), Calcium: 156.33mg (15.63%), Vitamin B6: 0.3mg

(14.75%), Potassium: 512.58mg (14.65%), Fiber: 3.25g (12.99%), Vitamin E: 1.85mg (12.35%), Zinc: 1.72mg (11.46%), Vitamin B5: 1.06mg (10.63%), Vitamin B3: 1.99mg (9.93%), Vitamin C: 6.24mg (7.56%), Vitamin D: 0.96µg (6.43%), Vitamin B12: 0.36µg (5.94%)