



Gorgonzola and Rosemary Cream Puffs

READY IN



44 min.

SERVINGS



24

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup water
- ☐ 0.3 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon rosemary dried crumbled
- ☐ 0.1 teaspoon pepper
- ☐ 2 eggs
- ☐ 4 ounces gorgonzola shredded
- ☐ 2 tablespoons pistachios chopped

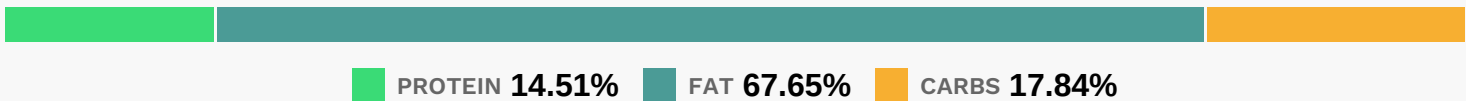
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 425°F. Spray large cookie sheet with cooking spray.
- ☐ Heat water and butter to boiling in 3-quart saucepan over medium heat.
- ☐ Add flour, salt, rosemary and pepper all at once, stirring constantly 30 to 60 seconds or until mixture forms ball; remove from heat.
- ☐ Add eggs, 1 at a time, beating with electric mixer on medium speed until mixture is well blended. Drop dough by heaping teaspoonfuls about 2 inches apart onto cookie sheet.
- ☐ Bake 15 to 20 minutes or until golden brown. Cool 5 minutes.
- ☐ Gently press center of each puff with tip of spoon to make slight indentation.
- ☐ Sprinkle with cheese and nuts.
- ☐ Bake 2 to 4 minutes or until cheese is melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:1.4817391376456%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.94kcal (2.6%), Fat: 3.92g (6.03%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.09g (0.1%), Cholesterol: 17.18mg (5.73%), Sodium: 106.37mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Selenium: 2.74µg (3.91%), Phosphorus: 31.98mg (3.2%), Vitamin B2: 0.05mg (2.92%), Calcium: 28.98mg (2.9%), Vitamin A: 143.12IU (2.86%), Folate: 8.54µg (2.13%), Vitamin B1: 0.03mg (1.93%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.09µg (1.54%), Manganese: 0.03mg (1.41%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.03mg (1.31%), Iron: 0.23mg (1.25%), Vitamin B3: 0.21mg (1.07%)