



HEALTH SCORE

60%

Gougères



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



2521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 teaspoons dijon mustard
- ☐ 6 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 oz gruyère cheese shredded
- ☐ 0.5 cup milk
- ☐ 2 tablespoons parmesan cheese grated

☐ 0.8 teaspoon salt

Equipment

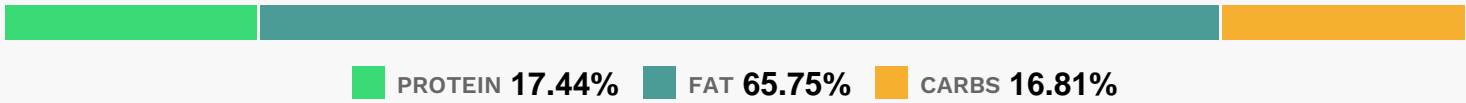
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven to 42
- ☐ Bring first 3 ingredients and 1/2 cup water to a rolling boil in a 3-qt. saucepan over medium heat; cook, stirring constantly, 1 minute.
- ☐ Add flour all at once, and beat vigorously with a wooden spoon 1 minute or until smooth and pulls away from sides of pan, forming a ball of dough.
- ☐ Remove from heat, and let stand 5 minutes.
- ☐ Transfer dough to bowl of a heavy-duty electric stand mixer.
- ☐ Add eggs, 1 at a time, beating at medium speed until well blended after each addition. (If dough separates, don't worry--it will come back together.)
- ☐ Add Gruyere cheese and next 3 ingredients; beat at high speed 3 minutes or until dough is smooth and glossy. Drop by rounded teaspoonfuls 2 inches apart onto 2 parchment paper-lined baking sheets.
- ☐ Reduce oven temperature to 375, and bake gougres 10 to 12 minutes, placing 1 baking sheet on middle oven rack and other on lower oven rack. Switch baking sheets, and bake 4 to 6 more minutes or until golden brown. Cool on baking sheets 5 minutes. Repeat procedure with remaining dough.

Place frozen gougres on baking sheets, cover lightly with foil, and bake at 350 for 10 to 15 minutes or until warm.

Nutrition Facts



Properties

Glycemic Index:227, Glycemic Load:71.26, Inflammation Score:-10, Nutrition Score:58.529130916233%

Nutrients (% of daily need)

Calories: 2520.97kcal (126.05%), Fat: 183.75g (282.69%), Saturated Fat: 103.92g (649.48%), Carbohydrates: 105.7g (35.23%), Net Carbohydrates: 101.94g (37.07%), Sugar: 8.14g (9.04%), Cholesterol: 1570.47mg (523.49%), Sodium: 4420.84mg (192.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 109.68g (219.35%), Selenium: 168.67µg (240.96%), Calcium: 2176.61mg (217.66%), Phosphorus: 1980.78mg (198.08%), Vitamin B2: 2.71mg (159.52%), Vitamin A: 6462.38IU (129.25%), Vitamin B12: 6.38µg (106.31%), Folate: 391.55µg (97.89%), Vitamin B1: 1.29mg (86.33%), Zinc: 12.47mg (83.15%), Vitamin B5: 6.74mg (67.37%), Iron: 11.56mg (64.22%), Vitamin D: 8.41µg (56.08%), Manganese: 1.02mg (50.98%), Vitamin E: 6.55mg (43.65%), Vitamin B3: 8.03mg (40.16%), Vitamin B6: 0.8mg (40%), Magnesium: 149.17mg (37.29%), Potassium: 930.81mg (26.59%), Copper: 0.46mg (23.17%), Fiber: 3.77g (15.06%), Vitamin K: 14.66µg (13.96%)