



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

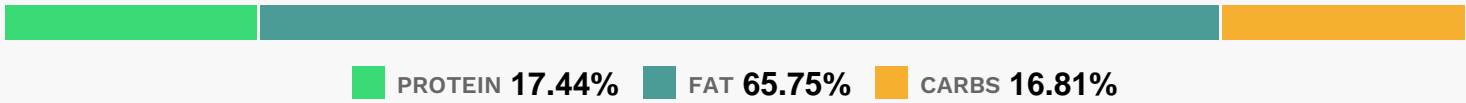
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stand mixer

## 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%)