



Gougères (Cheese Puffs)

READY IN



45 min.

SERVINGS



50

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 2 teaspoons dijon mustard
- ☐ 5 eggs
- ☐ 1 cup flour
- ☐ 1 cup gruyère cheese grated
- ☐ 0.5 cup parmesan cheese grated

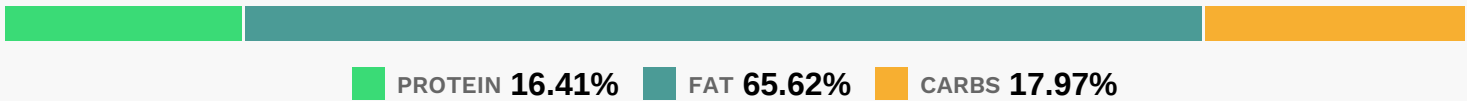
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat butter and 1 cup water in a medium saucepan over medium heat until butter is melted and mixture comes to a simmer.
- ☐ Turn heat to low, add flour, and stir vigorously until mixture forms a ball that pulls away from pan sides, about 1 minute.
- ☐ Remove pan from heat.
- ☐ Add eggs, one at a time, stirring vigorously after each. Dough will separate after each addition; keep stirring until it forms a smooth paste.
- ☐ Stir in gruyre cheese, parmesan cheese, Dijon mustard, and freshly ground black pepper.
- ☐ Drop mixture in heaping tablespoonfuls onto 2 buttered baking sheets.
- ☐ Bake until puffed and brown, about 30 minutes.
- ☐ Cut slits in sides of puffs, return to oven, and lower heat to 35
- ☐ Bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.78, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.3704347869624%

Nutrients (% of daily need)

Calories: 47kcal (2.35%), Fat: 3.42g (5.27%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.04g (0.04%), Cholesterol: 25.02mg (8.34%), Sodium: 59.45mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Selenium: 3.02µg (4.32%), Calcium: 39.19mg (3.92%), Phosphorus: 34.55mg (3.45%), Vitamin B2: 0.04mg (2.6%), Vitamin A: 114.53IU (2.29%), Folate: 7.06µg (1.76%), Vitamin B12: 0.1µg (1.65%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.22mg (1.5%), Manganese: 0.03mg (1.28%),

Iron: 0.21mg (1.16%)