



Lemon Cream Puffs

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.5 cup water
- 0.3 cup butter cubed
- 0.5 cup flour all-purpose
- 2 eggs
- 1 eggs beaten
- 0.3 cup sugar
- 3 tablespoons juice of lemon
- 2 tablespoons butter cubed

- 1 cup cup heavy whipping cream
- 2 teaspoons sugar
- 1 serving powdered sugar

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 400°. In a large saucepan, bring water and butter to a boil.
- Add flour all at once, stirring until a smooth ball forms.
- Remove from heat; let stand 5 minutes.
- Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth.
- Drop by rounded tablespoonfuls 3 in. apart onto greased baking sheets.
- Bake 30–35 minutes or until golden brown.
- Remove to wire racks. Immediately split puffs and remove tops; discard soft dough from inside. Set puffs and tops aside to cool.
- For filling, in a small heavy saucepan, combine egg, sugar, lemon juice and butter. Cook and stir over medium heat until mixture is thick enough to coat the back of a spoon.
- Transfer to a small bowl; refrigerate until partially set.
- In a large bowl, beat cream and sugar until stiff peaks form; fold into lemon mixture. Fill cream puffs; replace tops. Dust with confectioners' sugar.

Nutrition Facts

  

 PROTEIN 5.59%  FAT 68.79%  CARBS 25.62%

Properties

Glycemic Index:31.52, Glycemic Load:8.67, Inflammation Score:-4, Nutrition Score:3.5252173672552%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 216.16kcal (10.81%), Fat: 16.82g (25.87%), Saturated Fat: 10.25g (64.09%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 13.91g (5.06%), Sugar: 9.11g (10.13%), Cholesterol: 94.22mg (31.41%), Sodium: 80.52mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin A: 633.2IU (12.66%), Selenium: 7.02µg (10.03%), Vitamin B2: 0.14mg (8.3%), Folate: 19.75µg (4.94%), Phosphorus: 49.08mg (4.91%), Vitamin D: 0.64µg (4.3%), Vitamin B1: 0.06mg (4.04%), Vitamin E: 0.56mg (3.76%), Iron: 0.55mg (3.08%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.17µg (2.83%), Calcium: 26.78mg (2.68%), Manganese: 0.05mg (2.37%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.79%), Potassium: 54.35mg (1.55%), Vitamin K: 1.41µg (1.35%), Magnesium: 5.18mg (1.3%), Copper: 0.02mg (1.22%)