



Lemon Custard-Cream Puff Tree

READY IN



135 min.

SERVINGS



15

CALORIES



212 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 5 eggs
- 5 oz evaporated milk canned
- 1 cup flour
- 5 mint leaves fresh
- 0.3 cup granulated sugar divided
- 6 oz jell-o lemon flavor gelatin
- 2 tsp lemon zest
- 1 Tbsp powdered sugar

- 0.3 cup raspberries fresh
- 2 cups water divided
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- blender
- ziploc bags
- serrated knife

Directions

- Heat oven to 425F.
- Bring 1 cup water, butter and 1 tsp. granulated sugar to boil in medium saucepan.
- Add flour; cook and stir 3 min. or until mixture forms ball. Spoon into large bowl. Beat in eggs, 1 at a time, with mixer until blended. Spoon into freezer-weight resealable plastic bag; cut 1 corner from bottom of bag. Use to squeeze dough into 17 (1-1/2-inch) mounds on baking sheet.
- Bake 45 min., reducing oven temperature to 350F after 20 min. Turn oven off; open door slightly.
- Let cream puffs stand in oven 15 min.
- Remove from oven; cool completely.
- Meanwhile, bring remaining granulated sugar and water to boil in medium saucepan on medium heat; cook on medium heat 8 min., stirring constantly.
- Remove from heat.
- Add dry gelatin mixes; stir 2 min. until completely dissolved.
- Add evaporated milk, lemon zest and juice; mix well. Refrigerate 45 min. or until slightly thickened, stirring occasionally. Gently stir in COOL WHIP.

- Cut cream puffs horizontally in half with serrated knife. Gently remove tops; remove and discard soft dough from centers. Spoon COOL WHIP mixture into bottom halves of cream puffs; replace tops. Arrange 15 cream puffs on platter to resemble Christmas tree shape.
- Add remaining puffs at bottom for the trunk.
- Sprinkle tree with powdered sugar.
- Garnish with raspberries and mint.

Nutrition Facts

PROTEIN 8.97%

FAT 43.48%

CARBS 47.55%

Properties

Glycemic Index:14.74, Glycemic Load:6.96, Inflammation Score:-2, Nutrition Score:3.9726086854935%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 211.7kcal (10.58%), Fat: 10.34g (15.9%), Saturated Fat: 6.5g (40.66%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 25.02g (9.1%), Sugar: 18.3g (20.34%), Cholesterol: 73.87mg (24.62%), Sodium: 145.15mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Selenium: 8.77µg (12.53%), Vitamin B2: 0.16mg (9.5%), Phosphorus: 87.07mg (8.71%), Vitamin A: 317.02IU (6.34%), Folate: 24.75µg (6.19%), Vitamin B1: 0.08mg (5.37%), Calcium: 49.67mg (4.97%), Iron: 0.73mg (4.04%), Manganese: 0.08mg (4.01%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.19µg (3.15%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.36mg (2.4%), Copper: 0.05mg (2.37%), Potassium: 81.09mg (2.32%), Magnesium: 8.36mg (2.09%), Vitamin D: 0.3µg (2.02%), Vitamin B6: 0.04mg (1.93%), Fiber: 0.41g (1.64%), Vitamin C: 1.15mg (1.4%), Vitamin K: 1.3µg (1.23%)