



## Lemon Profiteroles

READY IN



134 min.

SERVINGS



18

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon butter at room temperature
- 4 egg yolks
- 3 tablespoons flour all-purpose
- 3 tablespoons juice of lemon fresh (from 1 large lemon)
- 2 tablespoons lemon zest (from 2 large lemons)
- 18 profiterole shells () (cream puff)
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract pure
- 1 cup milk whole

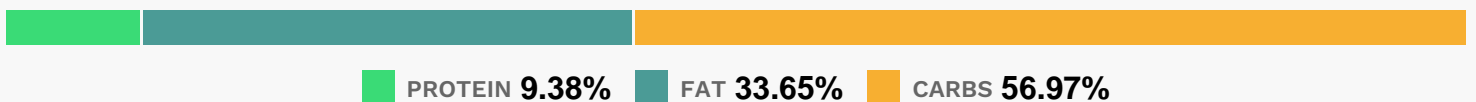
## Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- plastic wrap
- pastry bag

## Directions

- Watch how to make this recipe.
- In a small saucepan, bring the milk and lemon zest to a boil over medium heat.
- Remove the pan from the heat and allow the mixture to cool for 5 minutes.
- In a medium bowl, mix together the egg yolks, sugar and flour (mixture will be thick).
- Pour the milk mixture into the bowl and whisk until smooth. Return the mixture to the saucepan and whisk constantly over medium-low heat until smooth and thick, about 6 to 7 minutes.
- Remove the pan from the heat and stir in the butter.
- Whisk in the vanilla and lemon juice until smooth.
- Transfer the pastry cream to a clean bowl and lay a piece of plastic wrap directly onto the surface. Refrigerate for 2 hours.
- Using a paring knife, cut the tops off of the profiterole shells and reserve. Using a small dessert spoon or a pastry bag fitted with a plain tip, fill the shells with the pastry cream. Cover with the profiterole tops and arrange them on a serving platter.

## Nutrition Facts



## Properties

Glycemic Index:15.28, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:1.63434782851%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 57.26kcal (2.86%), Fat: 2.18g (3.35%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 8.15g (2.96%), Sugar: 6.35g (7.05%), Cholesterol: 46.5mg (15.5%), Sodium: 12.28mg (0.53%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.37g (2.73%), Selenium: 3.6µg (5.15%), Phosphorus: 33mg (3.3%), Vitamin B2: 0.05mg (2.88%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.37µg (2.43%), Calcium: 23.52mg (2.35%), Folate: 8.92µg (2.23%), Vitamin C: 1.83mg (2.22%), Vitamin A: 99.56IU (1.99%), Vitamin B5: 0.19mg (1.86%), Vitamin B1: 0.03mg (1.76%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.17mg (1.16%), Iron: 0.19mg (1.06%), Manganese: 0.02mg (1.05%)