



## Lemon-Scented Ricotta and Mascarpone Cream Puffs

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup flour
- 6 tablespoons butter unsalted diced ()
- 4 large eggs
- 0.3 cup mascarpone cheese
- 0.8 cup powdered sugar divided
- 1 pinch salt
- 1 cup ricotta cheese

- 1 tablespoon sugar
- 36 servings vegetable oil for frying
- 0.8 cup milk whole

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- slotted spoon

## Directions

- Bring milk, butter, 1 tablespoon sugar, and salt to boil in heavy medium saucepan over medium heat, stirring until butter melts.
- Add flour; stir until batter is smooth and forms ball, about 1 minute.
- Remove from heat and whisk in eggs, 1 at a time.
- Add enough oil to heavy large saucepan to reach depth of 2 inches. Attach deep-fry thermometer to side of pan and heat oil to 350°F. Working in batches, drop 1 tablespoon batter into oil for each cream puff. Fry until golden brown and puffed, about 5 minutes per batch. Using slotted spoon, transfer cream puffs to paper towels to drain. (Can be made 6 hours ahead.
- Let stand at room temperature.)
- Blend ricotta cheese, mascarpone cheese, 1/4 cup powdered sugar, and lemon peel in medium bowl for filling.
- Cut cream puffs in half horizontally. Spoon 1 rounded teaspoon filling into bottoms; cover with tops. Arrange on platter.
- Sprinkle with remaining 1/2 cup powdered sugar.

## Nutrition Facts



■ PROTEIN 8.76% ■ FAT 68.71% ■ CARBS 22.53%

## Properties

Glycemic Index:5.84, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:1.7904347919899%

## Nutrients (% of daily need)

Calories: 94.33kcal (4.72%), Fat: 7.24g (11.14%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.07g (3.41%), Cholesterol: 31.89mg (10.63%), Sodium: 18.19mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Selenium: 3.72µg (5.32%), Vitamin K: 5.43µg (5.17%), Vitamin B2: 0.06mg (3.53%), Vitamin A: 156.37IU (3.13%), Phosphorus: 30.39mg (3.04%), Calcium: 27.52mg (2.75%), Vitamin E: 0.35mg (2.35%), Folate: 8.27µg (2.07%), Vitamin B1: 0.03mg (1.77%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.22µg (1.44%), Iron: 0.25mg (1.37%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.19mg (1.29%), Manganese: 0.02mg (1.01%)