



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
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 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

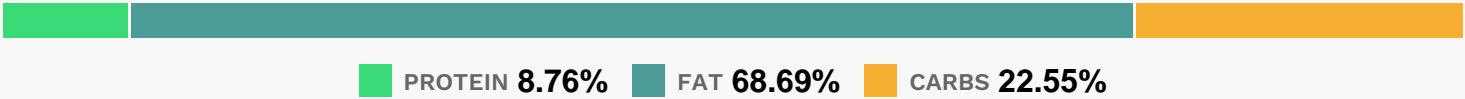
Equipment

- ☐ 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



Properties

Glycemic Index:5.84, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:1.793478268968%

Nutrients (% of daily need)

Calories: 94.34kcal (4.72%), Fat: 7.24g (11.14%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.07g (3.41%), Cholesterol: 31.89mg (10.63%), Sodium: 18.19mg (0.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Selenium: 3.72µg (5.32%), Vitamin K: 5.43µg (5.17%), Vitamin B2: 0.06mg (3.53%), Vitamin A: 156.38IU (3.13%), Phosphorus: 30.39mg (3.04%), Calcium: 27.56mg (2.76%), Vitamin E: 0.35mg (2.36%), Folate: 8.28µg (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%)