



Mango-Filled Cream Puffs with Spiced Mango-Mojito Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

Ingredients

- 0.8 cup flour
- 0.5 cup butter unsalted diced (1 stick)
- 2 large egg yolk
- 4 large eggs
- 2 cups mangos pitted peeled for details (from 4 large; see Test-Kitchen Tip below)
- 8 servings mangos
- 1 cup powdered sugar divided

- 0.3 teaspoon salt
- 1 cup cream sour chilled
- 1 cup whipping cream chilled
- 1 cup milk whole

Equipment

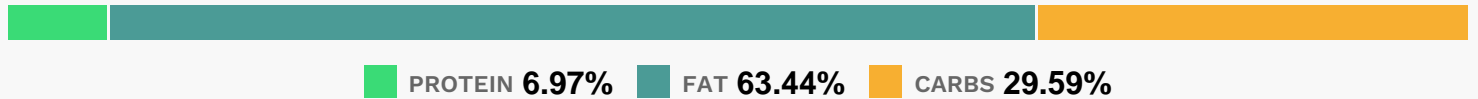
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- hand mixer
- wooden spoon

Directions

- Preheat oven to 375°F. Line 2 large rimmed baking sheets with parchment paper. Bring milk, butter, and salt to boil in heavy large saucepan over medium-high heat, stirring until butter melts.
- Add flour all at once. Reduce heat to medium and stir with wooden spoon until dough forms ball and some batter films bottom of pan thickly, about 4 minutes.
- Transfer dough to medium bowl and cool 5 minutes. Using electric mixer, beat in eggs and yolks 1 at a time.
- Drop dough by generous tablespoonfuls 3 inches apart onto baking sheets, making about 24 puffs. Smooth tops with wet fingertips.
- Bake puffs 15 minutes. Reverse sheets and bake puffs until deep golden, about 10 minutes longer. Make small slit in side of each puff. Return to oven, turn off heat, and let dry 15 minutes. (Can be made 6 hours ahead.)
- Let stand at room temperature.)

- Stir mango and sour cream in medium bowl to blend. Beat whipping cream and 1/2 cup powdered sugar in large bowl until peaks form. Fold whipped cream into mango mixture. Cover bowl; refrigerate filling at least 30 minutes and up to 3 hours.
- Cut cream puffs horizontally in half. Spoon heaping tablespoon filling into each bottom half; cover with tops. Sift remaining 1/2 cup powdered sugar over.
- Divide cream puffs among 8 plates. Spoon sauce onto plates and serve.
- To cut a mango, stand it on one long side. Slice off the "cheek" on each side, as close to the pit as possible.
- Cut crosshatch pattern in each cheek (but do not cut through skin). Turn inside out so flesh pops up, then cut off cubes with knife.
- Cut off remaining fruit from the pit, then peel and dice.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:9.94, Inflammation Score:-7, Nutrition Score:10.797826093176%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 453.89kcal (22.69%), Fat: 32.58g (50.12%), Saturated Fat: 18.85g (117.79%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 33.2g (12.07%), Sugar: 23.93g (26.59%), Cholesterol: 223.64mg (74.55%), Sodium: 141.26mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin A: 1673.82IU (33.48%), Selenium: 17.05µg (24.36%), Vitamin B2: 0.36mg (21.45%), Vitamin C: 15.82mg (19.17%), Phosphorus: 157.96mg (15.8%), Folate: 60.91µg (15.23%), Vitamin D: 1.75µg (11.69%), Calcium: 115.68mg (11.57%), Vitamin B1: 0.15mg (10.05%), Vitamin B12: 0.6µg (10.04%), Vitamin E: 1.49mg (9.91%), Vitamin B5: 0.95mg (9.47%), Vitamin B6: 0.15mg (7.7%), Iron: 1.23mg (6.82%), Potassium: 236.32mg (6.75%), Manganese: 0.12mg (6.1%), Zinc: 0.85mg (5.64%), Vitamin B3: 1.08mg (5.39%), Copper: 0.1mg (4.86%), Magnesium: 18.92mg (4.73%), Vitamin K: 4.38µg (4.17%), Fiber: 0.99g (3.97%)