



Mel's Eclairs

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 1 tablespoon butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 eggs lightly beaten
- ☐ 2 eggs
- ☐ 5 tablespoons flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt

- ☐ 1 ounce chocolate unsweetened
- ☐ 2 tablespoons water
- ☐ 6.5 tablespoons sugar white

Equipment

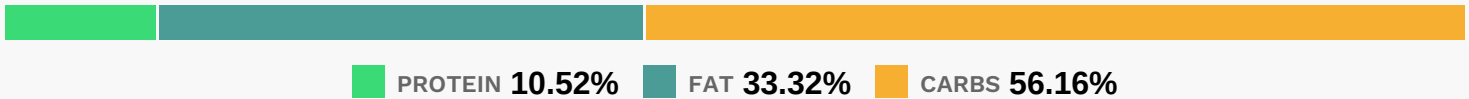
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet or line it with parchment paper.
- ☐ Bring 2 tablespoons of water and 1/4 cup of butter to a boil in a saucepan. Reduce the heat to low and add 1/2 cup of flour, stirring vigorously until the mixture forms a ball.
- ☐ Transfer the mixture to a mixing bowl or stand mixer and beat in the eggs, one at a time.
- ☐ Pipe the mixture onto the baking sheet using a pastry bag, a plastic zipper bag with the corner cut off, or just shaping it with a spatula. You should have six 4-inch fingers or 12 smaller eclairs.
- ☐ Bake the pastries in the hot oven until they are puffed and golden (30 to 50 minutes, depending on their size).
- ☐ Remove from the oven and allow the shells to cool.
- ☐ To make the custard, mix the 6 1/2 tablespoons of white sugar, 5 tablespoons of flour, and salt in a saucepan. Stir in the milk and bring the mixture to a boil over medium heat.

- ☐ Pour the hot milk mixture in a steady stream into the beaten egg, whisking constantly. Return the mixture to the saucepan and bring just to a boil, stirring constantly.
- ☐ Remove from heat and transfer to a mixing bowl to cool. Stir in the almond extract; cover the surface with plastic wrap and refrigerate until you're ready to fill the eclairs.
- ☐ For the glaze, combine the chocolate, 1 tablespoon of butter, and 2 tablespoons of water in a saucepan.
- ☐ Heat gently until the mixture has melted.
- ☐ Remove from the heat and stir in 1/2 cup of confectioners' sugar. If the icing is too thick, add a little more water. For creamier glaze, substitute milk for 2 tablespoons of water.
- ☐ Cut the tops off of the cooled shells and fill them with the custard. Replace tops, and glaze them with the chocolate icing.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:6.8, Inflammation Score:-1, Nutrition Score:3.3360869741958%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 112kcal (5.6%), Fat: 4.26g (6.55%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.67g (5.7%), Sugar: 13g (14.44%), Cholesterol: 47.09mg (15.7%), Sodium: 229.48mg (9.98%), Alcohol: 0.23g (100%), Alcohol %: 0.46% (100%), Protein: 3.02g (6.05%), Selenium: 5.29µg (7.55%), Vitamin B2: 0.11mg (6.67%), Phosphorus: 65.73mg (6.57%), Manganese: 0.13mg (6.33%), Calcium: 47.19mg (4.72%), Copper: 0.09mg (4.55%), Vitamin B12: 0.26µg (4.41%), Iron: 0.76mg (4.21%), Vitamin D: 0.56µg (3.7%), Zinc: 0.52mg (3.47%), Magnesium: 13.53mg (3.38%), Vitamin B1: 0.05mg (3.31%), Vitamin B5: 0.3mg (3.02%), Folate: 11.59µg (2.9%), Vitamin A: 137.96IU (2.76%), Potassium: 85.42mg (2.44%), Vitamin B6: 0.04mg (1.98%), Fiber: 0.48g (1.91%), Vitamin B3: 0.26mg (1.3%), Vitamin E: 0.17mg (1.13%)