



Parmesan Puffs

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

151 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup butter
- ☐ 1 cup tomatoes
- ☐ 0.5 cup milk
- ☐ 0.8 cup parmesan cheese grated

Equipment

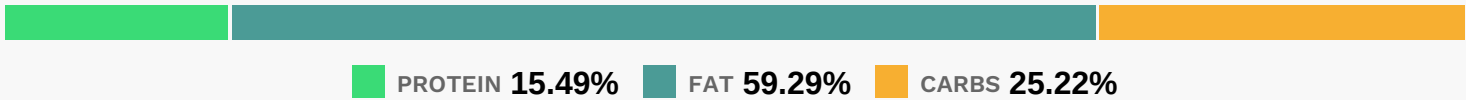
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking sheet.
- ☐ In a medium saucepan, bring milk and margarine to boil over medium high heat. Stir in flour and reduce heat to low. Vigorously stir until thick enough to form into a ball.
- ☐ Remove from heat.
- ☐ Beat eggs into the mixture until smooth. Stir in Parmesan cheese.
- ☐ Drop the dough by rounded teaspoonfuls onto the prepared baking sheet.
- ☐ Bake in the preheated oven 15 minutes, or until puffed and golden brown.
- ☐ Serve warm with warmed marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:5.11, Inflammation Score:-4, Nutrition Score:5.4752173682918%

Nutrients (% of daily need)

Calories: 151.14kcal (7.56%), Fat: 10.04g (15.44%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.94g (3.25%), Sugar: 1.89g (2.1%), Cholesterol: 50.91mg (16.97%), Sodium: 397.69mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Selenium: 9.78µg (13.97%), Calcium: 115.38mg (11.54%), Phosphorus: 114.96mg (11.5%), Vitamin A: 551.55IU (11.03%), Vitamin B2: 0.16mg (9.69%), Folate: 22.86µg (5.71%), Vitamin B1: 0.08mg (5.66%), Vitamin E: 0.84mg (5.58%), Vitamin B12: 0.31µg (5.23%), Iron: 0.89mg (4.95%), Manganese: 0.1mg (4.89%), Zinc: 0.73mg (4.88%), Potassium: 157.6mg (4.5%), Vitamin B3: 0.8mg (3.99%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.07mg (3.48%), Magnesium: 12.96mg (3.24%), Copper: 0.06mg (2.91%), Vitamin D: 0.43µg (2.9%), Fiber: 0.67g (2.68%), Vitamin C: 2.16mg (2.62%), Vitamin K: 1.12µg (1.07%)