



Parmesan Puffs

READY IN



25 min.

SERVINGS



32

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 large egg whites at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups parmesan finely grated
- ☐ 0.3 teaspoon salt
- ☐ 6 cups vegetable oil

Equipment

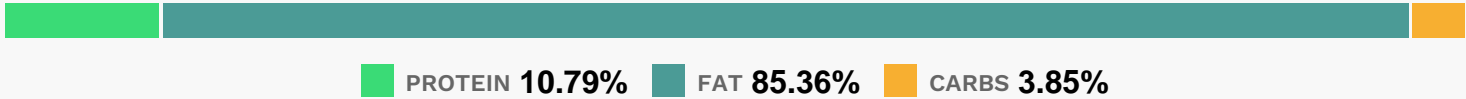
- ☐ bowl

- ☐ paper towels
- ☐ sauce pan
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat 2 inches oil in a deep 3-quart heavy saucepan over moderate heat until it registers 360°F on thermometer.
- ☐ While oil heats, mix together cheese, flour, pepper, and salt in a bowl until combined well. Beat whites in another bowl with an electric mixer until they just hold stiff peaks. Fold in 1/2 cup cheese mixture to lighten, then fold in remaining cheese mixture gently but thoroughly.
- ☐ Drop about 8 teaspoons of batter, 1 teaspoon at a time, into oil and fry, turning occasionally, until balls of batter are puffed, crisp, and golden, about 2 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain briefly. Make 3 more batches in same manner, returning oil to 360°F between batches.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.0086956743313%

Nutrients (% of daily need)

Calories: 102.55kcal (5.13%), Fat: 9.81g (15.09%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.08g (0.09%), Cholesterol: 4.25mg (1.42%), Sodium: 125.17mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 15.19µg (14.47%), Calcium: 74.58mg (7.46%), Vitamin E: 0.68mg (4.56%), Phosphorus: 45.1mg (4.51%), Selenium: 2.56µg (3.66%), Vitamin B2: 0.04mg (2.57%), Vitamin B12: 0.08µg (1.31%), Zinc: 0.18mg (1.2%)