



## Parmesan Puffs with Marinara

READY IN



35 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

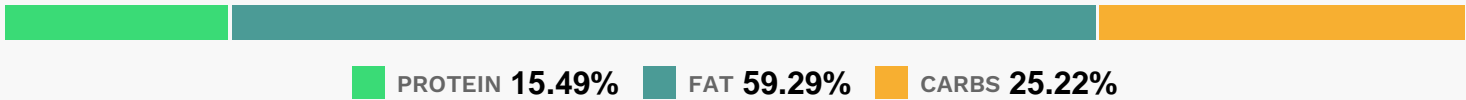
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 375°F. Grease cookie sheet.
- ☐ Heat milk and butter to boiling in 1 1/2-quart saucepan. Stir in flour; reduce heat to low. Stir vigorously about 1 minute or until mixture forms a ball; remove from heat.
- ☐ Beat in eggs, one at a time, beating until smooth after each addition. Stir in cheese. Drop dough by rounded teaspoonfuls 2 inches apart onto cookie sheet.
- ☐ Bake about 15 minutes or until puffed and golden brown.
- ☐ Serve warm with marinara sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:5.27, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:1.459565202827%

## Nutrients (% of daily need)

Calories: 40.3kcal (2.02%), Fat: 2.68g (4.12%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.5g (0.56%), Cholesterol: 13.57mg (4.53%), Sodium: 106.05mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Selenium: 2.61µg (3.73%), Calcium: 30.77mg (3.08%), Phosphorus: 30.66mg (3.07%), Vitamin A: 147.08IU (2.94%), Vitamin B2: 0.04mg (2.58%), Folate: 6.1µg (1.52%), Vitamin B1: 0.02mg (1.51%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.4%), Iron: 0.24mg (1.32%), Manganese: 0.03mg (1.3%), Zinc: 0.2mg (1.3%), Potassium: 42.03mg (1.2%), Vitamin B3: 0.21mg (1.06%), Vitamin B5: 0.1mg (1.04%)