



## Party Corned Beef Puffs

READY IN



45 min.

SERVINGS



48

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup beer
- 0.5 cup butter
- 2.5 cups deli corned beef finely chopped
- 2 tablespoons dijon mustard
- 4 eggs
- 1 cup flour
- 0.3 teaspoon horseradish prepared
- 1 tablespoon mayonnaise
- 2 tablespoons onion chopped

0.3 teaspoon salt

## Equipment

baking sheet

oven

mixing bowl

pot

wooden spoon

stand mixer

## Directions

Mix together the corned beef, onion, mustard, mayonnaise, and horseradish. Cover and refrigerate.

Preheat an oven to 450 degrees F (230 degrees C).

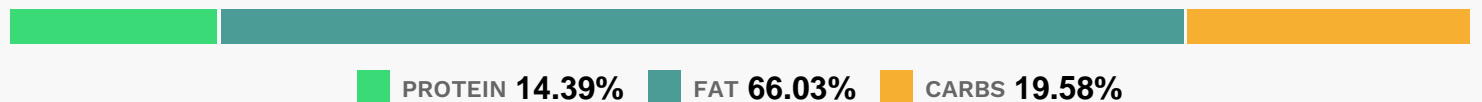
In a large pot, bring beer and butter to a rolling boil. Stir in flour and salt until the mixture forms a ball.

Transfer the dough to a large mixing bowl. Using a wooden spoon or stand mixer, beat in the eggs one at a time, mixing well after each. Drop by teaspoonfuls onto a lightly greased baking sheet.

Bake for 10 minutes in the preheated oven. Reduce temperature to 350 degrees F (175 degrees C) and bake an additional 10 minutes until golden brown. Centers should be dry.

When the shells are cool, split the puffs and fill with the corned beef mixture. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.45, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.4126087064328%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 47.99kcal (2.4%), Fat: 3.41g (5.24%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.05g (0.06%), Cholesterol: 22.02mg (7.34%), Sodium: 113.25mg (4.92%), Alcohol: 0.19g (100%), Alcohol %: 1.17% (100%), Protein: 1.67g (3.34%), Selenium: 3.4µg (4.86%), Vitamin B2: 0.04mg (2.44%), Vitamin B12: 0.14µg (2.38%), Vitamin B3: 0.4mg (2.01%), Vitamin C: 1.63mg (1.97%), Phosphorus: 19.08mg (1.91%), Folate: 7.3µg (1.83%), Vitamin B1: 0.03mg (1.75%), Iron: 0.3mg (1.65%), Zinc: 0.24mg (1.61%), Vitamin A: 79.53IU (1.59%), Vitamin B6: 0.03mg (1.39%), Manganese: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.09%)