



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

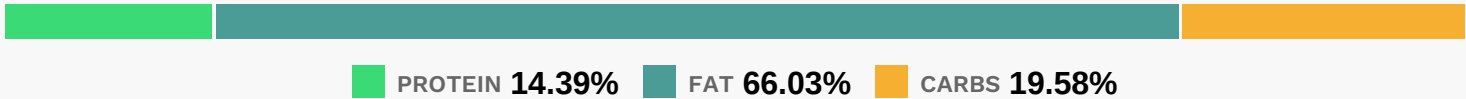
Equipment

- ☐ 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%)