



Peanut Butter-Chocolate Éclairs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



244 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 servings warm chocolate glaze
- ☐ 2 egg whites
- ☐ 3 large eggs
- ☐ 12 servings peanut butter pastry cream
- ☐ 1.3 cups water
- ☐ 11 ounce piecrust mix
- ☐ 11 ounce piecrust mix

Equipment

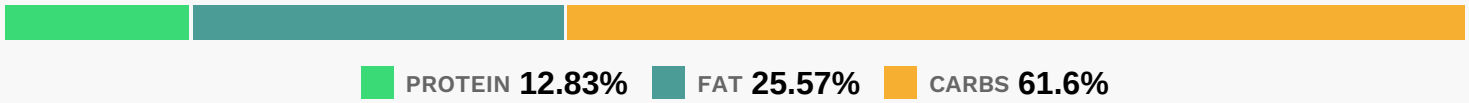
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ stand mixer
- ☐ ziploc bags
- ☐ pastry bag
- ☐ serrated knife

Directions

- ☐ Bring 1 1/3 cups water to a boil in a 3-quart saucepan over medium-high heat. Stir in piecrust mix, beating vigorously with a wooden spoon 1 minute or until mixture leaves sides of pan.
- ☐ Place dough in bowl of a heavy-duty electric stand mixer; cool 5 minutes. Beat dough at medium speed with electric mixer using paddle attachment.
- ☐ Add eggs and egg whites, 1 at a time, beating until blended after each addition. (If desired, eggs and egg whites may be added 1 at a time and beaten vigorously with a wooden spoon instead of using the mixer.)
- ☐ Spoon dough into a large heavy-duty zip-top plastic bag. (A large pastry bag may also be used.)
- ☐ Cut a 1 1/2-inch opening across one corner of the bag. Pipe 4-inch-long strips of dough 2 inches apart onto ungreased baking sheets.
- ☐ Bake at 425 for 20 to 25 minutes or until puffed and golden. (Do not underbake.)
- ☐ Remove from oven, and cut a small slit in side of each clair to allow steam to escape. Cool on wire racks.
- ☐ Split clairs using a serrated knife, starting at 1 long side without cutting through opposite side. Pull out and discard soft dough inside.

Carefully spoon about 1/4 cup Peanut Butter Pastry Cream into each clair; close top of each clair over filling. Top evenly with Chocolate Glaze. Chill clairs for 2 hours or freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:9.08, Inflammation Score:-2, Nutrition Score:7.7578259985084%

Nutrients (% of daily need)

Calories: 243.65kcal (12.18%), Fat: 6.92g (10.64%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 37.49g (13.63%), Sugar: 18.94g (21.05%), Cholesterol: 118.56mg (39.52%), Sodium: 146.7mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin B2: 0.4mg (23.3%), Phosphorus: 210.75mg (21.08%), Calcium: 206.68mg (20.67%), Selenium: 13.45µg (19.21%), Vitamin B12: 0.86µg (14.27%), Vitamin D: 1.94µg (12.95%), Vitamin B5: 1.19mg (11.94%), Potassium: 321.77mg (9.19%), Vitamin A: 326.22IU (6.52%), Magnesium: 25.17mg (6.29%), Vitamin B1: 0.09mg (6.14%), Zinc: 0.89mg (5.96%), Vitamin B6: 0.11mg (5.63%), Folate: 18.92µg (4.73%), Iron: 0.71mg (3.93%), Copper: 0.06mg (2.88%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.21mg (1.03%)