



Pimiento Cheese Gougères



Vegetarian



Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



2400 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 teaspoons dijon mustard
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 oz pimientos diced drained
- ☐ 6 oz sharp cheddar cheese shredded finely

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 425
- ☐ Bring first 2 ingredients and 1 cup water to a rolling boil in a 3-qt. saucepan over medium heat; cook, stirring constantly, 1 minute.
- ☐ Add flour all at once, and beat vigorously with a wooden spoon 1 minute or until mixture is smooth and pulls away from sides of pan, forming a ball of dough. Reduce heat to low, and cook, stirring constantly, 2 minutes. (Dough will begin to dry out.)
- ☐ Remove from heat, and let stand 5 minutes.
- ☐ Meanwhile, pat pimiento dry with paper towels, and finely chop.
- ☐ Add eggs to dough, 1 at a time, stirring until blended after each addition. (If dough separates, don't worry. It will come back together.)
- ☐ Add pimiento, cheese, and next 2 ingredients; stir 2 minutes or until fully combined.
- ☐ Drop half of dough by level tablespoonfuls 1 inch apart onto 2 parchment paper-lined baking sheets.
- ☐ Bake at 425 for 10 minutes, placing 1 baking sheet on middle oven rack and other on lower oven rack. Reduce temperature to 325, switch baking sheets, and bake 10 to 12 more minutes or until golden and crisp. Cool on baking sheets 5 minutes. Repeat procedure with remaining dough.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 13.94%**  **FAT 64.02%**  **CARBS 22.04%**

Properties

Glycemic Index:261, Glycemic Load:89.5, Inflammation Score:-10, Nutrition Score:61.710869830588%

Nutrients (% of daily need)

Calories: 2400.46kcal (120.02%), Fat: 171.19g (263.37%), Saturated Fat: 97.6g (609.98%), Carbohydrates: 132.65g (44.22%), Net Carbohydrates: 125.36g (45.59%), Sugar: 5.71g (6.35%), Cholesterol: 1158.12mg (386.04%), Sodium: 3975.4mg (172.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.85g (167.7%), Selenium: 166.47µg (237.81%), Vitamin A: 8844.83IU (176.9%), Vitamin B2: 2.57mg (151%), Vitamin C: 118.35mg (143.45%), Phosphorus: 1404.41mg (140.44%), Calcium: 1379.75mg (137.97%), Folate: 428.06µg (107.01%), Vitamin B1: 1.4mg (93.41%), Iron: 13.55mg (75.3%), Zinc: 10.34mg (68.96%), Manganese: 1.29mg (64.44%), Vitamin B12: 3.78µg (62.93%), Vitamin B3: 10.45mg (52.25%), Vitamin E: 7.23mg (48.2%), Vitamin B5: 4.61mg (46.12%), Vitamin B6: 0.85mg (42.26%), Vitamin D: 5.02µg (33.47%), Magnesium: 118.91mg (29.73%), Fiber: 7.29g (29.14%), Copper: 0.5mg (25.1%), Potassium: 841.94mg (24.06%), Vitamin K: 25.18µg (23.98%)