



Profiteroles

READY IN



150 min.

SERVINGS



12

CALORIES



282 kcal

SIDE DISH

Ingredients

- 10 ounces bittersweet chocolate coarsely chopped
- 0.3 cup cocoa powder unsweetened
- 2 tablespoons plus light
- 4 large eggs at room temperature
- 1 cup flour all-purpose
- 1 tablespoon granulated sugar
- 0.8 cup cup heavy whipping cream
- 0.3 teaspoon salt fine
- 1 tablespoon butter unsalted

- 0.5 teaspoon vanilla extract
- 0.3 cup water
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- wooden spoon
- stand mixer

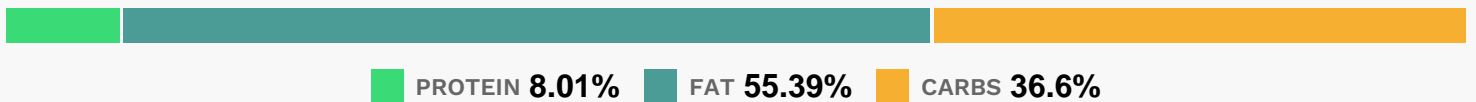
Directions

- Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set it aside.
- Heat the butter, milk, measured water, sugar, and salt in a medium saucepan over medium-high heat until the butter has melted and the liquid has come to a boil. Reduce the heat to low, add the flour all at once, and stir vigorously with a wooden spoon until well incorporated. Cook, stirring constantly, until the dough looks shiny and feels smooth to the touch, and a thin film has formed on the bottom of the pan, about 5 minutes. (The dough will easily form 1 large ball.)
- Transfer the dough to the bowl of a stand mixer fitted with a paddle attachment and let it cool for 5 minutes. Meanwhile, fill a small bowl with water and set it aside. With the mixer on medium-low speed, beat in the eggs 1 at a time, letting each egg completely incorporate before adding the next, until the mixture is smooth, sticky, and glossy, about 4 to 5 minutes total.
- Transfer the dough to a large resealable bag and cut off about 3/4 inch from one corner of the bag. Pipe 12 (2-inch-wide) round mounds onto the prepared baking sheet, making sure they're about 1 1/2 inches apart. Dip your finger in the bowl of water and smooth the top of

each mound.

- Place the baking sheet in the oven, reduce the temperature to 350°F, and bake until the puffs are golden brown, airy, and completely dry inside, about 45 to 50 minutes. (Don't open the oven door until at least 45 minutes have passed.)
- Combine the cream, milk, water, cocoa powder, corn syrup, and salt in a medium saucepan. Bring to a simmer over medium heat, whisking until the cocoa powder has completely dissolved.
- Remove from the heat and add the chocolate, butter, and vanilla. Stir until the chocolate has melted and the sauce is smooth; set aside. To assemble: When ready to serve, cut the cooled puffs in half horizontally.
- Place a scoop of ice cream in the bottom half of each puff. Replace the tops and drizzle with the desired amount of chocolate sauce.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:7.16, Inflammation Score:-4, Nutrition Score:8.295652197107%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 282.37kcal (14.12%), Fat: 17.64g (27.13%), Saturated Fat: 10.1g (63.1%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 23.39g (8.5%), Sugar: 13.55g (15.06%), Cholesterol: 83.95mg (27.98%), Sodium: 85.61mg (3.72%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 24.44mg (8.15%), Protein: 5.74g (11.48%), Manganese: 0.46mg (22.93%), Copper: 0.39mg (19.63%), Selenium: 11.57µg (16.53%), Magnesium: 57.2mg (14.3%), Iron: 2.53mg (14.07%), Phosphorus: 138.01mg (13.8%), Fiber: 2.83g (11.34%), Vitamin B2: 0.19mg (10.96%), Zinc: 1.13mg (7.54%), Vitamin A: 366.1IU (7.32%), Vitamin B1: 0.11mg (7.22%), Folate: 28.1µg (7.02%), Potassium: 225.31mg (6.44%), Calcium: 51.12mg (5.11%), Vitamin D: 0.7µg (4.67%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.27µg (4.53%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.49mg (3.28%), Vitamin B6: 0.05mg (2.73%), Vitamin K: 2.42µg (2.3%)