



## Profiteroles

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



209 kcal

SIDE DISH

## Ingredients

- 1 cup water
- 0.5 cup stick margarine
- 1 cup flour all-purpose
- 4 eggs whole
- 0.3 cup granulated sugar
- 2 tablespoons cornstarch
- 0.1 teaspoon salt
- 2 egg yolk slightly beaten

- 2 tablespoons butter softened
- 2 teaspoons vanilla
- 1 tablespoon powdered sugar
- 0.3 cup topping
- 2 cups frangelico

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap

## Directions

- Heat oven to 400°F. In 2 1/2-quart saucepan, heat water and 1/2 cup butter to rolling boil. Stir in flour. Reduce heat to low; stir vigorously over low heat about 1 minute or until mixture forms a ball.
- Remove from heat.
- Beat in eggs, all at once, with spoon. Continue beating until smooth. Drop dough by level tablespoonfuls about 1 1/2 inches apart on ungreased cookie sheets to make 36 profiteroles.
- Bake 20 to 25 minutes or until puffed and golden. Cool away from draft, about 30 minutes.
- Meanwhile, in 2-quart saucepan, mix granulated sugar, cornstarch and salt. Gradually stir in half-and-half. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Gradually stir at least half of the hot mixture into egg yolks, then stir back into hot mixture in saucepan. Boil and stir 1 minute.
- Remove from heat. Stir in 2 tablespoons butter and the vanilla.
- Pour filling into bowl. Press plastic wrap on filling to prevent a tough layer from forming on top. Refrigerate at least 1 hour or until cool.
- Cut puffs horizontally in half. Fill puffs with filling; replace tops. Sift powdered sugar over tops. Cover; refrigerate until serving.
- Serve drizzled with chocolate topping. Store remaining profiteroles covered in refrigerator.

# Nutrition Facts

PROTEIN 7.3% FAT 54.79% CARBS 37.91%

## Properties

Glycemic Index:12.09, Glycemic Load:9.63, Inflammation Score:-4, Nutrition Score:4.2821738625998%

## Nutrients (% of daily need)

Calories: 209.35kcal (10.47%), Fat: 12.69g (19.52%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 19.28g (7.01%), Sugar: 8.58g (9.54%), Cholesterol: 87.02mg (29.01%), Sodium: 184.81mg (8.04%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Protein: 3.81g (7.61%), Selenium: 9.93µg (14.19%), Vitamin A: 558.66IU (11.17%), Vitamin B2: 0.15mg (8.61%), Folate: 30.71µg (7.68%), Vitamin B1: 0.1mg (6.42%), Phosphorus: 61.15mg (6.12%), Vitamin E: 0.78mg (5.21%), Manganese: 0.1mg (5.14%), Iron: 0.91mg (5.08%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.2µg (3.42%), Vitamin B3: 0.65mg (3.24%), Vitamin D: 0.46µg (3.04%), Copper: 0.05mg (2.73%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.04mg (2.13%), Calcium: 21.18mg (2.12%), Magnesium: 7.93mg (1.98%), Fiber: 0.47g (1.88%), Potassium: 58.92mg (1.68%)