



Profiteroles

READY IN



120 min.

SERVINGS



12

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup topping
- ☐ 2 tablespoons cornstarch
- ☐ 2 egg yolk slightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups half and half
- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup stick margarine
- ☐ 2 teaspoons vanilla
- ☐ 1 cup water
- ☐ 4 eggs whole

Equipment

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

Directions

- ☐ Heat oven to 400F. 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 7.73%**  **FAT 59.48%**  **CARBS 32.79%**

Properties

Glycemic Index:12.09, Glycemic Load:9.63, Inflammation Score:-5, Nutrition Score:5.4882608950138%

Nutrients (% of daily need)

Calories: 262.19kcal (13.11%), Fat: 17.33g (26.66%), Saturated Fat: 5.89g (36.78%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 21.02g (7.64%), Sugar: 10.25g (11.39%), Cholesterol: 101.14mg (33.71%), Sodium: 209.41mg (9.1%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 5.07g (10.14%), Selenium: 11.23µg (16.04%), Vitamin A: 701.44IU (14.03%), Vitamin B2: 0.22mg (13.22%), Phosphorus: 99.47mg (9.95%), Folate: 31.92µg (7.98%), Vitamin B1: 0.11mg (7.23%), Calcium: 64.33mg (6.43%), Vitamin E: 0.88mg (5.89%), Iron: 0.93mg (5.19%), Manganese: 0.1mg (5.16%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.55mg (3.63%), Vitamin B3: 0.69mg (3.46%), Potassium: 112.16mg (3.2%), Vitamin B6: 0.06mg (3.14%), Vitamin D: 0.46µg (3.04%), Magnesium: 11.96mg (2.99%), Copper: 0.06mg (2.91%), Fiber: 0.47g (1.88%)