

Profiteroles

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup flour all-purpose
- 0.3 teaspoon coarse salt
- 1 cup water
- 8 tablespoons butter unsalted cut into small pieces (1 stick)
- 5 large eggs at room temperature

Equipment

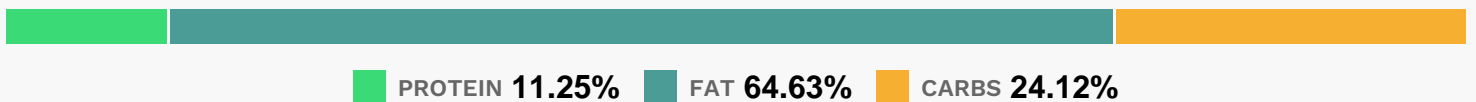
- bowl
- frying pan

- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- wooden spoon
- pastry bag

Directions

- Preheat the oven to 400 degrees. Prepare a pastry bag with a 1/2-inch tip (optional).
- In a small bowl, whisk together the flour and salt.
- Place the water and butter in a medium saucepan and bring to a boil.
- Add the flour mixture and beat vigorously with a wooden spoon for several seconds, until the dough is smooth, pulls away from the sides of the pan, and begins to form a ball.
- Remove the pan from the heat. Cool the dough for a couple of minutes. Beat in the eggs one at a time, until smooth and glossy, 1 to 2 minutes.
- Place the dough in the pastry bag. (Alternatively, you can use a spoon to form the puffs.) Grease 2 rimmed baking sheets or line with baking parchment. Pipe the desired shapes onto the baking sheets. The dough can be frozen at this point on the tray then collected into freezer bags and sealed.
- For small (1 1/2-inch) puffs, bake for 10 to 12 minutes. For a standard eclair shape, bake for 10 minutes then raise the heat to 425 degrees and continue baking for 15 minutes total, or until puffed up, golden brown, and firm to the touch. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.88, Inflammation Score:0, Nutrition Score:1.8791304204775%

Nutrients (% of daily need)

Calories: 67.31kcal (3.37%), Fat: 4.83g (7.43%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.91g (1.42%), Sugar: 0.06g (0.06%), Cholesterol: 48.78mg (16.26%), Sodium: 40.13mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Selenium: 5.01µg (7.16%), Vitamin B2: 0.07mg (4.41%), Folate: 14.57µg (3.64%), Vitamin A: 172.87IU (3.46%), Vitamin B1: 0.05mg (3.02%), Phosphorus: 27.37mg (2.74%), Iron: 0.43mg (2.36%), Manganese: 0.04mg (1.93%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.28µg (1.86%), Vitamin B12: 0.1µg (1.68%), Vitamin B3: 0.32mg (1.59%), Vitamin E: 0.22mg (1.47%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.01%)