



## Profiteroles with Coffee Whipped Cream

READY IN



20 min.

SERVINGS



1

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 3 large eggs beaten
- 0.8 cup flour all-purpose
- 1 serving fudge topping hot
- 1.5 teaspoons sugar
- 1 serving coffee whipped cream

### Equipment

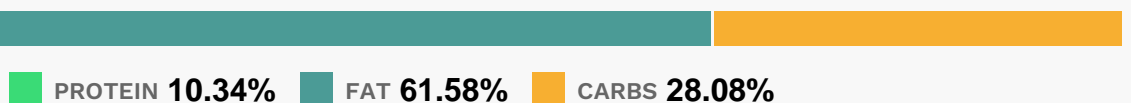
- frying pan

- baking sheet
- sauce pan
- baking paper
- oven
- knife
- wire rack
- wooden spoon

## Directions

- Preheat oven to 40
- Stir together flour and sugar.
- Bring butter and 3/4 cup water to a boil in a 3-qt. saucepan over medium-high heat, stirring occasionally. Immediately remove from heat, and quickly stir in flour mixture all at once. Beat with a wooden spoon until mixture is smooth and leaves sides of pan, forming a ball of dough. Gradually add eggs, beating until mixture is smooth and glossy.
- Drop dough by rounded tablespoonfuls onto a parchment paper-lined baking sheet.
- Bake at 400 for 20 minutes or until puffy and golden brown.
- Remove from oven to a wire rack. Pierce 1 side of each cream puff with a knife to allow steam to escape. Cool completely on baking sheet (about 20 minutes).
- Cut each cream puff in half horizontally. Dollop Coffee Whipped Cream onto bottom halves; top with remaining halves. Cover and chill until ready to serve.
- Drizzle with hot fudge topping just before serving.
- Try this twist!
- Profiteroles with Coffee Ice Cream: Substitute 1 1/2 cups coffee ice cream for Coffee Whipped Cream.

## Nutrition Facts



## Properties

Glycemic Index:250.09, Glycemic Load:56.38, Inflammation Score:-9, Nutrition Score:29.240434853927%

## Nutrients (% of daily need)

Calories: 1140.3kcal (57.02%), Fat: 77.99g (119.99%), Saturated Fat: 44.6g (278.77%), Carbohydrates: 80.02g (26.67%), Net Carbohydrates: 77.46g (28.17%), Sugar: 7.67g (8.52%), Cholesterol: 725.25mg (241.75%), Sodium: 705.41mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Selenium: 78.73µg (112.47%), Vitamin B2: 1.18mg (69.43%), Folate: 244.55µg (61.14%), Vitamin A: 2742.03IU (54.84%), Vitamin B1: 0.8mg (53.49%), Phosphorus: 422.72mg (42.27%), Iron: 7.01mg (38.94%), Manganese: 0.69mg (34.27%), Vitamin B3: 5.69mg (28.43%), Vitamin B5: 2.81mg (28.13%), Vitamin B12: 1.48µg (24.69%), Vitamin E: 3.45mg (23.01%), Vitamin D: 3.02µg (20.16%), Zinc: 2.69mg (17.94%), Vitamin B6: 0.3mg (15.06%), Copper: 0.25mg (12.38%), Calcium: 122.83mg (12.28%), Magnesium: 41.28mg (10.32%), Fiber: 2.56g (10.24%), Potassium: 337.25mg (9.64%), Vitamin K: 6.17µg (5.87%)