



Profiteroles with Ricotta Mascarpone

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup all purpose flour
- 0.5 cup chocolate-hazelnut spread (such as Nutella)
- 3 large eggs
- 0.3 cup hazelnuts husked toasted chopped
- 8 ounce mascarpone cheese
- 0.8 cup ricotta cheese
- 1 pinch salt
- 1.5 teaspoons sugar

- 0.3 cup butter unsalted cut into pieces
- 1 teaspoon vanilla extract
- 0.5 cup water
- 0.3 cup whipping cream

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wooden spoon
- microwave
- measuring cup
- serrated knife

Directions

- Preheat the oven to 375 degrees F.
- Line a heavy large baking sheet with a silpat or parchment paper.
- Combine the water, butter, 1 1/2 teaspoons of sugar, and salt in a heavy medium saucepan. Bring to a boil, stirring until the butter melts.
- Add the flour and stir over medium heat for 1 minute. Cool 5 minutes.
- Crack 2 eggs into a measuring cup. Use a wooden spoon to beat the eggs into the dough, 1 at a time. Spoon 10 or 12 (1 1/2-inch) mounds of dough onto the prepared baking sheet, spacing 2 inches apart. Beat the remaining egg in a small bowl to blend. Gently brush the egg over the dough mounds (do not drip the egg onto the baking sheet).
- Bake the pastries until they are amber brown, about 50 minutes. Allow the pastries to cool completely.
- Mix the mascarpone, ricotta, vanilla, and remaining 3 tablespoons of sugar in a medium bowl. Refrigerate until cold. Using a serrated knife, cut the tops off the pastry and set aside. Spoon

the mascarpone mixture into the pastries and top with its lid.

- Combine the chocolate-hazelnut spread and cream in a small bowl.
- Heat in the microwave for about 30 seconds until warm. Stir the mixture. Spoon the chocolate-hazelnut sauce atop the pastries.
- Sprinkle with the hazelnuts and serve.

Nutrition Facts

PROTEIN 9.02% **FAT 71.56%** **CARBS 19.42%**

Properties

Glycemic Index:54.11, Glycemic Load:16.4, Inflammation Score:-8, Nutrition Score:16.864782817986%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 856.74kcal (42.84%), Fat: 67.85g (104.38%), Saturated Fat: 42.62g (266.4%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 38.27g (13.92%), Sugar: 22.95g (25.5%), Cholesterol: 267.23mg (89.08%), Sodium: 156.03mg (6.78%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 19.24g (38.48%), Manganese: 0.91mg (45.58%), Selenium: 25.68µg (36.68%), Vitamin A: 1779.04IU (35.58%), Calcium: 262.27mg (26.23%), Vitamin B2: 0.45mg (26.21%), Vitamin E: 3.91mg (26.04%), Phosphorus: 255.44mg (25.54%), Iron: 3.57mg (19.85%), Copper: 0.37mg (18.68%), Folate: 66.54µg (16.64%), Vitamin B1: 0.23mg (15.17%), Magnesium: 51.02mg (12.75%), Fiber: 3.17g (12.7%), Zinc: 1.77mg (11.78%), Vitamin B12: 0.64µg (10.68%), Vitamin B5: 1mg (9.99%), Potassium: 339.97mg (9.71%), Vitamin D: 1.29µg (8.63%), Vitamin B6: 0.17mg (8.47%), Vitamin B3: 1.31mg (6.57%), Vitamin K: 3.92µg (3.73%)