



Raspberry Powder Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 egg whites
- 1 cup flour all-purpose
- 1 teaspoon orange zest grated
- 0.3 cup raspberry preserves
- 1 cup heavy whipping cream sour
- 1 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- hand mixer
- ziploc bags
- kitchen scissors

Directions

- Heat oven to 350 F. Using an electric mixer fitted with a whisk attachment, beat the egg whites on high until stiff peaks form, about 1 1/2 minutes. With the mixer running, slowly add the granulated sugar. Continue beating until glossy, about 1 minute.
- Add the orange zest and vanilla. In a small bowl, combine the flour and baking powder. Gently fold the flour mixture into the egg mixture until no white streaks remain. Spoon the batter into a large resealable plastic bag. Using scissors, cut the end off a corner of the bag to create a circle about 1/2 inch in diameter. On a parchment-lined baking sheet, pipe the batter into 24 1 1/2-inch rounds (about the size of silver dollars).
- Bake until puffed and golden, about 12 minutes.
- Transfer to a rack to cool completely. Meanwhile, in a small bowl, combine the sour cream and preserves.
- Spread some of the raspberry mixture onto the bottom of half the cookies. Form sandwiches with the remaining cookies.
- Sprinkle with the confectioners' sugar just before serving. Tip: If there's no time to bake, sandwich the berry-cream filling between store-bought cookies.

Nutrition Facts



PROTEIN 6.12% **FAT 20.1%** **CARBS 73.78%**

Properties

Glycemic Index:12.17, Glycemic Load:10.5, Inflammation Score:-1, Nutrition Score:1.3556522001391%

Nutrients (% of daily need)

Calories: 86.39kcal (4.32%), Fat: 1.95g (3%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.89g (5.78%), Sugar: 11g (12.23%), Cholesterol: 5.65mg (1.88%), Sodium: 30.65mg (1.33%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.34g (2.67%), Selenium: 3.27µg (4.67%), Vitamin B2: 0.07mg (4.07%), Vitamin B1: 0.04mg (2.93%), Folate: 10.85µg (2.71%), Calcium: 21.78mg (2.18%), Manganese: 0.04mg (1.99%), Phosphorus: 18.23mg (1.82%), Iron: 0.3mg (1.66%), Vitamin B3: 0.32mg (1.62%), Vitamin A: 60.05IU (1.2%)