



Raspberry, white chocolate & pistachio profiteroles



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

Ingredients

- ☐ 100 g flour plain
- ☐ 50 g butter chopped
- ☐ 4 tbsp milk and water
- ☐ 1 tsp caster sugar
- ☐ 1 pinch salt
- ☐ 3 large eggs lightly beaten
- ☐ 200 g raspberry fresh

- ☐ 3 tbsp icing sugar
- ☐ 2 tbsp juice of lemon
- ☐ 200 ml double cream
- ☐ 150 g chocolate white
- ☐ 50 g pistachio shelled finely chopped

Equipment

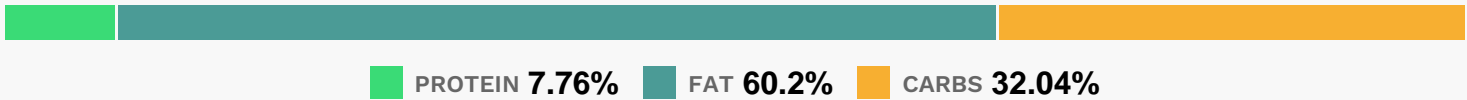
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Heat oven to 180C/160C fan/ gas
- ☐ To make the choux pastry, sift the flour onto a large sheet of baking parchment. This will stop lumps of flour forming in the dough.
- ☐ Put the butter, milk, water, sugar and salt in a pan, and heat gently until the butter has completely melted. Only once the butter has melted, increase the heat and bring the liquid to the boil. When bubbling, remove quickly from the heat and tip in the flour all at once. Immediately beat with a wooden spoon until the mixture forms a dough that leaves the side of the pan clean. Return to a low heat, stirring, for 1 min.
- ☐ Remove from the heat. Cool for 3 mins. Gradually add the beaten egg to the dough, beating well between each addition, until the dough is smooth and glossy.

- ☐ Line a large flat baking sheet with baking parchment. Pipe or spoon about 24 balls of dough over the baking sheet, allowing space between each for rising.
- ☐ Bake for 20–25 mins until the profiteroles are puffed and golden.
- ☐ Remove the profiteroles from the oven and quickly poke a hole in the bottom of each to let out the steam, then return to the oven for 5 mins. Cool on a wire rack.
- ☐ If using frozen raspberries for the filling, defrost in the microwave on Low for 4–5 mins. Tip the raspberries, icing sugar and lemon juice into a food processor or mini blender and blitz until smooth. Press through a sieve into a bowl.
- ☐ Whip the cream until stiff, then fold in 4 tbsp of the raspberry sauce. Spoon the filling into a piping bag fitted with a nozzle a little smaller than the holes you made in the profiteroles. Or use a plastic food bag and snip off the tip of a corner. Poke into each hole in turn, and pipe in the filling until full. The profiteroles should be fully cool before you do this.
- ☐ Break up the chocolate into a small bowl, then either melt in the microwave on Low for 1–2 mins, stirring halfway through, or over a pan of simmering water. Leave to cool briefly until slightly thickened.
- ☐ Carefully spoon the melted chocolate over each filled profiterole and sprinkle with pistachios. Leave to set. To serve, drizzle the remaining raspberry sauce over 6 serving plates and top each with 4 profiteroles, or simply serve the sauce in a bowl alongside for drizzling over.

Nutrition Facts



Properties

Glycemic Index:57.85, Glycemic Load:20.92, Inflammation Score:-6, Nutrition Score:12.267391349958%

Flavonoids

Cyanidin: 15.87mg, Cyanidin: 15.87mg, Cyanidin: 15.87mg, Cyanidin: 15.87mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin:

0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 494.45kcal (24.72%), Fat: 33.76g (51.94%), Saturated Fat: 18.31g (114.45%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 36.88g (13.41%), Sugar: 23.2g (25.78%), Cholesterol: 155.26mg (51.75%), Sodium: 131.78mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Selenium: 16.41µg (23.45%), Manganese: 0.45mg (22.38%), Vitamin B2: 0.37mg (22.02%), Phosphorus: 193.95mg (19.39%), Vitamin A: 905.76IU (18.12%), Vitamin B1: 0.25mg (16.91%), Folate: 57.84µg (14.46%), Fiber: 3.54g (14.16%), Vitamin C: 11.46mg (13.89%), Vitamin B6: 0.24mg (12.21%), Calcium: 120.12mg (12.01%), Iron: 1.87mg (10.39%), Vitamin E: 1.51mg (10.06%), Copper: 0.2mg (10.01%), Vitamin B5: 0.9mg (9%), Potassium: 313.68mg (8.96%), Vitamin B12: 0.48µg (8.07%), Magnesium: 31.1mg (7.77%), Vitamin B3: 1.54mg (7.68%), Vitamin D: 1.15µg (7.64%), Zinc: 1.08mg (7.2%), Vitamin K: 6.69µg (6.37%)