



Salt-and-Pepper Cheese Puffs (Gougères)

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb butter cut into chunks
- ☐ 14 servings sea salt (see notes)
- ☐ 6 large eggs beaten to blend
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons pepper
- ☐ 1.3 cups sharp cheddar cheese shredded (see notes)
- ☐ 1.5 cups water

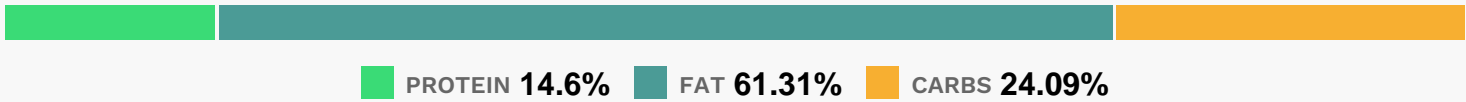
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry bag

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 1 1/2 cups water and the butter to a full rolling boil.
- ☐ Remove from heat, add flour all at once, and stir until mixture is a smooth, thick paste with no lumps.
- ☐ Add a quarter of the beaten eggs at a time, stirring vigorously after each addition until dough is no longer slippery. Stir in cheese and pepper.
- ☐ Spoon dough into a large pastry bag fitted with a plain 1/2-inch round tip. Pipe in 48 equal mounds on two cooking parchment-lined or buttered 12- by 15-inch baking sheets. (Alternatively, drop dough on sheets in slightly rounded tablespoon-size portions.)
- ☐ Sprinkle each mound with a few grains of coarse sea salt.
- ☐ Bake in a 400 regular or convection oven until dry and well browned, about 30 minutes.
- ☐ Serve warm (see notes).

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:5.492173899775%

Nutrients (% of daily need)

Calories: 179.17kcal (8.96%), Fat: 12.18g (18.73%), Saturated Fat: 6.79g (42.47%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.35g (3.76%), Sugar: 0.16g (0.17%), Cholesterol: 107.22mg (35.74%), Sodium: 343.86mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Selenium: 14.07µg (20.09%), Vitamin B2: 0.21mg (12.45%), Phosphorus: 105.38mg (10.54%), Folate: 36.98µg (9.24%), Calcium: 89.11mg (8.91%), Vitamin A: 420.4IU (8.41%), Vitamin B1: 0.12mg (7.82%), Manganese: 0.13mg (6.31%), Iron: 1.04mg (5.76%), Vitamin B12: 0.31µg (5.19%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.44mg (4.41%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.49µg (3.26%), Vitamin B6: 0.05mg (2.51%), Magnesium: 9.03mg (2.26%), Copper: 0.05mg (2.25%), Fiber: 0.42g (1.66%), Potassium: 56.5mg (1.61%), Vitamin K: 1.26µg (1.2%)