



S'mores Eclairs

READY IN



67 min.

SERVINGS



18

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cocoa powder
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 36 large marshmallows
- ☐ 0.3 teaspoon salt fine
- ☐ 10 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons sugar
- ☐ 0.3 pound butter unsalted

☐ 1 cup water

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ ladle

☐ baking paper

☐ oven

☐ whisk

☐ hand mixer

☐ wooden spoon

☐ broiler

☐ skewers

☐ pastry bag

☐ serrated knife

Directions

☐ Special equipment: A large pastry bag fitted with a large star tip, an electric mixer fitted with a paddle attachment

☐ Preheat the oven to 425 degrees F.

☐ Sift the cocoa powder and flour together at least 3 times. Set aside.

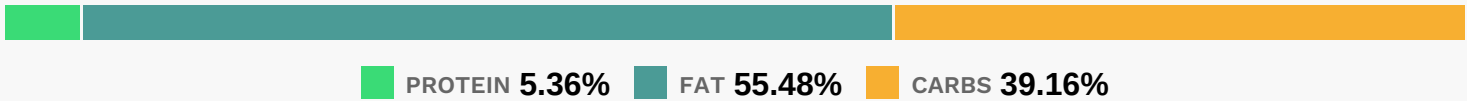
☐ Place the water, butter, sugar, and salt in a heavy 2-quart saucepan. Bring this mixture just to a boil over high heat.

☐ Remove from heat and add the sifted cocoa and flour in all at once. Stir with a wooden spoon until the dough comes together to form a ball. Return the pan to medium-high heat and beat constantly until a film develops on the bottom of the pan, about 2 minutes. Do not let it burn.

☐ Transfer the dough to the bowl of an electric mixer with a paddle attachment.

- ☐ Add the eggs 1 at a time, beating well after each addition. Scrape down the side of the bowl and continue to beat the dough for 4 minutes at high speed.
- ☐ Transfer the dough into a piping bag fitted with a large star tip. Line a baking sheet with parchment paper and pipe 3 to 4-inch log shapes onto the paper.
- ☐ Bake for 10 minutes; then reduce the oven temperature to 325 degrees F.
- ☐ Bake for another 15 minutes. Turn the oven off.
- ☐ Remove the eclairs from the oven and poke a hole in each one using a skewer or piping nail.
- ☐ Place the eclairs back in the oven and leave the door ajar for 10 minutes, allowing the eclairs to dry.
- ☐ Cut the eclairs in 1/2 lengthwise with a serrated knife.
- ☐ Place the bottom halves of the eclairs on a sheet pan and put 3 marshmallows into each.
- ☐ Place under the broiler until golden, watching closely.
- ☐ Remove from oven.
- ☐ Place tops on and ladle the chocolate sauce over top.
- ☐ Place the chocolate in a stainless-steel bowl.
- ☐ Pour the heavy cream into a small saucepan over medium-high heat and heat the cream until just before the boiling point.
- ☐ Pour the cream over the chocolate and let sit for 1 minute.
- ☐ Whisk until smooth and glossy.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:5.3591304074811%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 271.5kcal (13.57%), Fat: 17.02g (26.19%), Saturated Fat: 10.12g (63.23%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 25.37g (9.23%), Sugar: 15.63g (17.37%), Cholesterol: 65.8mg (21.93%), Sodium: 64.15mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.82mg (4.94%), Protein: 3.7g (7.41%), Manganese: 0.28mg (14.09%), Copper: 0.25mg (12.65%), Selenium: 7.46µg (10.66%), Iron: 1.61mg (8.96%), Magnesium: 34.66mg (8.66%), Vitamin A: 412.48IU (8.25%), Phosphorus: 82.19mg (8.22%), Vitamin B2: 0.12mg (6.79%), Fiber: 1.67g (6.67%), Folate: 18.34µg (4.58%), Zinc: 0.67mg (4.5%), Vitamin B1: 0.07mg (4.47%), Potassium: 133.48mg (3.81%), Vitamin D: 0.5µg (3.34%), Vitamin E: 0.47mg (3.12%), Vitamin B3: 0.58mg (2.92%), Calcium: 28.08mg (2.81%), Vitamin B5: 0.27mg (2.7%), Vitamin B12: 0.15µg (2.45%), Vitamin K: 2.06µg (1.96%), Vitamin B6: 0.03mg (1.55%)