



Stilton Cheese Puffs

 Vegetarian

READY IN



55 min.

SERVINGS



40

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup ale such as bass (pour beer slowly into measuring cup; do not measure foam)
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.1 teaspoon rounded salt
- ☐ 0.5 cup stilton cheese crumbled (from a 4-oz piece; rind discarded)
- ☐ 3 tablespoons butter unsalted

Equipment

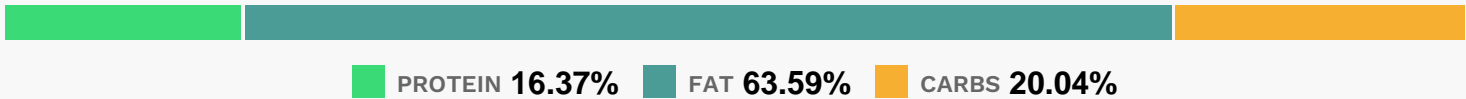
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ pastry bag

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Combine beer, butter, and salt in a 1 1/2- to 2-quart heavy saucepan and bring to a full boil over high heat, stirring until butter is melted. Reduce heat to moderate and add flour all at once, then cook, stirring vigorously with a wooden spoon, until mixture pulls away from side of pan, about 30 seconds. Continue to cook, stirring and flattening batter against bottom of pan, until excess moisture is evaporated and a film forms on bottom of pan.
- ☐ Remove from heat and cool 5 minutes.
- ☐ Add eggs 1 at a time, beating well with wooden spoon after each addition. (Batter will appear to separate initially but will become smooth once beaten.)
- ☐ Add cheese and stir until combined well.
- ☐ Spoon batter into pastry bag. Line a large baking sheet with a sheet of parchment paper, then secure parchment by piping a dab of batter under each corner. Pipe approximately 3-inch lengths of batter 1 inch apart on baking sheet, making about 40 total.
- ☐ Bake until puffed, golden, and crisp, 20 to 25 minutes. Cool slightly before serving.
- ☐ Cheese puffs are best when freshly baked but can be made 4 hours ahead and reheated in a 350°F oven 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:0.83521739231504%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 28.5kcal (1.42%), Fat: 1.95g (3.01%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.03g (0.03%), Cholesterol: 13.78mg (4.59%), Sodium: 45.09mg (1.96%), Alcohol: 0.12g (100%), Alcohol %: 1.32% (100%), Protein: 1.13g (2.26%), Selenium: 1.75µg (2.51%), Phosphorus: 18.75mg (1.87%), Vitamin B2: 0.03mg (1.86%), Calcium: 17.62mg (1.76%), Folate: 5.31µg (1.33%), Vitamin A: 62.3IU (1.25%), Vitamin B12: 0.06µg (1.01%)