



Strawberry Cream Puff Heart

READY IN



80 min.

SERVINGS



20

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate white finely chopped
- 0.5 cup butter (1 stick)
- 5 eggs
- 5 oz evaporated milk canned
- 1 cup flour
- 1 tsp granulated sugar
- 2 tsp powdered sugar
- 5 strawberries fresh halved
- 3 oz jell-o strawberry flavor gelatin

- 1.5 cups water divided
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- blender
- ziploc bags
- serrated knife

Directions

- Heat oven to 425F.
- Trace 15x12-inch heart on piece of parchment paper; place on baking sheet. Bring 1 cup water, butter and granulated sugar to boil in medium saucepan.
- Add flour; cook and stir 3 min. or until mixture forms ball. Spoon into large bowl. Beat in eggs, 1 at a time, with mixer until well blended. Spoon into freezer-weight plastic bag; cut 1 corner from bottom of bag. Squeeze dough into 16 (1-1/2-inch) mounds, with sides touching and following heart pattern on paper.
- Bake 20 min. Reduce oven temperature to 350F.
- Bake 25 min. or until golden brown. Turn oven off; open door slightly.
- Let cream puffs stand in oven 15 min.
- Remove from oven; cool completely.
- Meanwhile, bring remaining water to boil.
- Add to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add chocolate; stir until melted. Stir in milk. Refrigerate 15 min. or until thickened but not set. Gently stir in COOL WHIP. (If gelatin mixture is not thick enough to mound, refrigerate until desired consistency.)

Cut cream puff heart horizontally in half using serrated knife. Gently remove top; remove and discard soft dough from center. Fill bottom with gelatin mixture; replace top.

Sprinkle with powdered sugar. Top with strawberries.

Nutrition Facts

 **PROTEIN 8.7%**  **FAT 52.17%**  **CARBS 39.13%**

Properties

Glycemic Index:15.25, Glycemic Load:6.01, Inflammation Score:-2, Nutrition Score:3.2291304417278%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 163.64kcal (8.18%), Fat: 9.56g (14.71%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.89g (5.78%), Sugar: 11.05g (12.28%), Cholesterol: 56.59mg (18.86%), Sodium: 93.76mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Selenium: 6.54µg (9.35%), Vitamin B2: 0.13mg (7.89%), Phosphorus: 69.37mg (6.94%), Calcium: 47.44mg (4.74%), Folate: 18.93µg (4.73%), Vitamin A: 228.61IU (4.57%), Vitamin B1: 0.06mg (4.25%), Iron: 0.54mg (3%), Manganese: 0.06mg (2.93%), Vitamin B12: 0.17µg (2.89%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.38mg (2.55%), Vitamin C: 1.93mg (2.34%), Vitamin B3: 0.46mg (2.29%), Potassium: 77.27mg (2.21%), Zinc: 0.31mg (2.03%), Magnesium: 6.64mg (1.66%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.6%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.44µg (1.37%)