



Stuffed Cheese Puffs

READY IN



45 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup gruyere cheese shredded finely
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons butter unsalted

Equipment

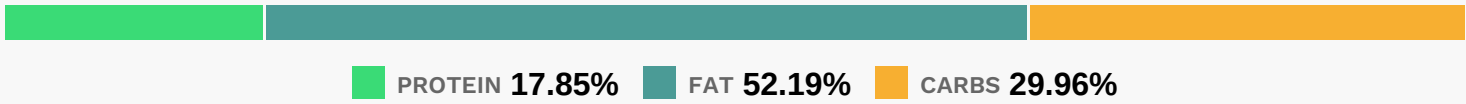
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 400F. Butter 2 large baking sheets.
- ☐ Bring 1 cup water, butter, salt and pepper to a boil over medium-high heat.
- ☐ Add flour; beat with a wooden spoon until mixture forms a ball.
- ☐ Transfer dough to a large bowl. With electric mixer on high speed, add eggs 1 at a time, beating well after each. Beat until mixture is smooth and has cooled. Beat in cheese.
- ☐ Drop spoonfuls of mixture 1 inch apart on baking sheets. With dampened fingers, smooth tops.
- ☐ Bake until puffed and golden, 25 to 30 minutes. Cool on pans on wire racks. Slice off top third; discard doughy centers. Fill, if desired, and replace tops.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:8.64, Inflammation Score:-3, Nutrition Score:5.8491304076236%

Nutrients (% of daily need)

Calories: 164.65kcal (8.23%), Fat: 9.46g (14.55%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.76g (4.28%), Sugar: 0.17g (0.19%), Cholesterol: 113.36mg (37.79%), Sodium: 313.33mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Selenium: 14.23µg (20.32%), Vitamin B2: 0.22mg (12.73%), Phosphorus: 117.75mg (11.77%), Folate: 41.35µg (10.34%), Calcium: 101.62mg (10.16%), Vitamin B1: 0.14mg (9.2%), Vitamin A: 345.09IU (6.9%), Iron: 1.19mg (6.62%), Manganese: 0.13mg (6.58%), Vitamin B12: 0.36µg (6.06%), Zinc: 0.76mg (5.07%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 0.95mg (4.77%), Vitamin D: 0.63µg (4.19%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.42mg (2.79%), Magnesium: 9.73mg (2.43%), Copper: 0.05mg (2.29%), Fiber: 0.45g (1.81%), Potassium: 60.87mg (1.74%)