



White Cheddar Puffs with Green Onions

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 cup butter cut into 4 pieces ()
- ☐ 0.5 teaspoon coarse kosher salt plus additional for sprinkling
- ☐ 4 large eggs
- ☐ 0.7 cup green onions minced
- ☐ 1 cup water
- ☐ 1.5 cups cheddar cheese white extra-sharp packed grated ()

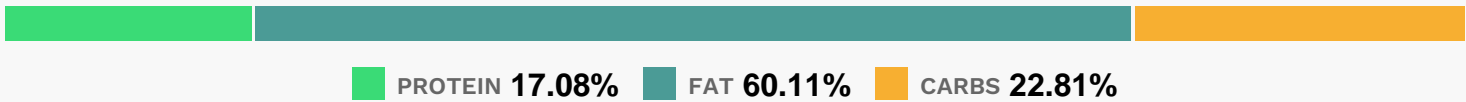
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Line 2 baking sheets with parchment paper. Bring 1 cup water, butter, and 1/2 teaspoon salt to boil in heavy medium saucepan.
- ☐ Remove from heat; mix in flour. Stir over medium heat until mixture becomes slightly shiny and pulls away from sides of pan, about 3 minutes; transfer to stand mixer fitted with paddle.
- ☐ Add eggs 1 at a time, mixing well after each addition to form sticky dough.
- ☐ Mix in cheese and green onions.
- ☐ Using 2 teaspoons, form dough into 1 1/4- to 1 1/2-inch ovals; drop onto baking sheet 1 inch apart. (Can be made ahead. Wrap in plastic, then foil. Refrigerate up to 2 days or freeze up to 2 weeks.)
- ☐ Preheat oven to 375°F.
- ☐ Bake cheese puffs until golden, about 30 minutes if at room temperature and 35 minutes if chilled or frozen.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.4247826208239%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 2.58g (3.98%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.07g (0.07%), Cholesterol: 21.57mg (7.19%), Sodium: 61.36mg (2.67%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.65g (3.3%), Selenium: 3.18µg (4.55%), Vitamin K: 3.06µg (2.92%), Calcium: 29.14mg (2.91%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 28.03mg (2.8%), Folate: 8.39µg (2.1%), Vitamin A: 101.28IU (2.03%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.21mg (1.39%), Vitamin B12: 0.08µg (1.28%), Iron: 0.22mg (1.22%), Manganese: 0.02mg (1.08%)