

Cream Puffs

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Yield: 1 dozen

1/2 cup shortening

1 cup water

1 cup all-purpose flour, sifted

1/4 teaspoon salt

4 eggs

Preheat the oven to 400 degrees.

In a saucepan, bring the shortening and water to a boil. Stir in the flour and salt. Beat constantly until the mixture leaves the sides of the pan and forms a ball, about one minute. Remove from the heat and cool.

Add the eggs, one at a time, beating until smooth after each addition.

Drop by spoonfuls onto a greased baking sheet.

Bake for 45 to 50 minutes. Cool.

Cut and fill with sweetened whipped cream, custard, ice cream or sweetened fruit.

Per Serving (excluding unknown items): 1657 Calories; 124g Fat (67.3% calories from fat); 38g Protein; 97g Carbohydrate; 3g Dietary Fiber; 848mg Cholesterol; 823mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 22 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1657	Vitamin B6 (mg):	.3mg
% Calories from Fat:	67.3%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	23.5%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	124g	Folacin (mcg):	289mcg
Saturated Fat (g):	32g	Niacin (mg):	8mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 30g
Cholesterol (mg): 848mg
Carbohydrate (g): 97g
Dietary Fiber (g): 3g
Protein (g): 38g
Sodium (mg): 823mg
Potassium (mg): 402mg
Calcium (mg): 131mg
Iron (mg): 10mg
Zinc (mg): 3mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 976IU
Vitamin A (r.e.): 280RE

Alcohol (kcal): 0
% Refused: 00%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 22
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1657 **Calories from Fat:** 1116

% Daily Values*

Total Fat 124g	190%
Saturated Fat 32g	160%
Cholesterol 848mg	283%
Sodium 823mg	34%
Total Carbohydrates 97g	32%
Dietary Fiber 3g	13%
Protein 38g	
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Vitamin A	20%
Vitamin C	0%
Calcium	13%
Iron	53%

* Percent Daily Values are based on a 2000 calorie diet.