

Miniature Cream Puffs

Mary Lou Johnson

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

Yield: 70 puffs

PUFFS

1 cup water
1/2 cup butter or margarine
1 cup flour
4 eggs

HAWAIIAN FILLING

2 cups ground cooked ham
1 can (8-3/4 ounce) crushed
pineapple, drained
1/2 cup celery, finely chopped
1/2 cup sour cream
1/4 teaspoon paprika
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon cloves

SHRIMP FILLING

3 cans (4-1/2 ounce ea) broken
shrimp, drained and rinsed
1/3 cup celery, finely chopped
1 tablespoon minced onion
1/2 cup mayonnaise or salad dressing

CHICKEN AND OLIVE FILLING

3 cups cooked chicken or turkey,
minced
1/2 cup celery, finely chopped
1/4 cup green olives, chopped
1/2 teaspoon salt
3/4 cup mayonnaise or salad dressing

Preheat the oven to 400 degrees.

Make the puffs: In a saucepan, heat the water and butter to a rolling boil. Stir in the flour. Stir vigorously over low heat until the mixture forms a ball, about 1 minute. Remove from the heat.

Beat the eggs into the mixture thoroughly one at a time. Beat until smooth.

Drop the dough by slightly rounded teaspoonfuls onto an ungreased baking sheet.

Bake for 25 minutes or until golden brown and dry.

Remove from the baking sheet and cool.

Make the filling of your choice: Mix all the ingredients in a bowl. Fill each cream puff by slitting partially crosswise and placing a heaping spoonful of mixture in each.

Per Serving (excluding unknown items): 2032 Calories; 141g Fat (61.9% calories from fat); 45g Protein; 151g Carbohydrate; 10g Dietary Fiber; 1147mg Cholesterol; 3047mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 1/2 Non-Fat Milk; 25 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2032	Vitamin B6 (mg):	.7mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	29.3%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	141g	Folacin (mcg):	204mcg
Saturated Fat (g):	79g	Niacin (mg):	9mg
Monounsaturated Fat (g):	44g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	1147mg	% Refuse:	0.0%
Carbohydrate (g):	151g	Food Exchanges	
Dietary Fiber (g):	10g	Grain (Starch):	6 1/2
Protein (g):	45g	Lean Meat:	3
Sodium (mg):	3047mg	Vegetable:	1
Potassium (mg):	1398mg	Fruit:	2 1/2
Calcium (mg):	432mg	Non-Fat Milk:	1/2
Iron (mg):	12mg	Fat:	25 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	37mg		
Vitamin A (i.u.):	6148IU		
Vitamin A (r.e.):	1489 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 2032 **Calories from Fat:** 1257

% Daily Values*

Total Fat 141g	217%
Saturated Fat 79g	396%
Cholesterol 1147mg	382%
Sodium 3047mg	127%
Total Carbohydrates 151g	50%
Dietary Fiber 10g	38%
Protein 45g	
Vitamin A	123%
Vitamin C	62%
Calcium	43%
Iron	69%

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