

# Pastry Puffs

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 18 puffs**

*1 cup water*  
*1/2 cup butter or shortening*  
*1/2 teaspoon salt*  
*1 tablespoon sugar*  
*1 cup all-purpose flour*  
*4 eggs*  
*1 egg, beaten*

Preheat the oven to 400 degrees.

In a saucepan, bring to a boil the water, butter, salt and sugar. Remove from the heat.

Pour in the flour all at once. With a wooden spatula, mix until well blended.

Return to the heat in order to dry the paste. Mix constantly to avoid burning.

Remove from the heat. Transfer the paste to a bowl. Let cool for 5 minutes, stirring occasionally.

Fold in the eggs one at a time, until the paste is smooth and glossy.

Using a pastry bag with a medium-size fluted nozzle, squeeze one-inch puffs onto a buttered cookie sheet.

Lightly brush with the beaten egg. (Do not let the egg drip onto the cookie sheet.) Bake in the oven for 25 to 30 minutes. Let the puffs cool fully before stuffing.

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Per Serving (excluding unknown items): 873 Calories; 26g Fat (27.6% calories from fat); 44g Protein; 110g Carbohydrate; 3g Dietary Fiber; 1060mg Cholesterol; 1426mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 2 Fat; 1 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	873	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	27.6%	<b>Vitamin B12 (mcg):</b>	3.3mcg
<b>% Calories from Carbohydrates:</b>	51.6%	<b>Thiamin B1 (mg):</b>	1.2mg
<b>% Calories from Protein:</b>	20.8%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	26g	<b>Folacin (mcg):</b>	313mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1060mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	110g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	6 1/2
<b>Protein (g):</b>	44g	<b>Lean Meat:</b>	4
<b>Sodium (mg):</b>	1426mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	469mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	161mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	10mg	<b>Fat:</b>	2
<b>Zinc (mg):</b>	4mg	<b>Other Carbohydrates:</b>	1
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	1220IU		
<b>Vitamin A (r.e.):</b>	350RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 873	Calories from Fat: 241
<b>% Daily Values*</b>	
<b>Total Fat</b> 26g	40%
Saturated Fat 8g	40%
<b>Cholesterol</b> 1060mg	353%
<b>Sodium</b> 1426mg	59%
<b>Total Carbohydrates</b> 110g	37%
Dietary Fiber 3g	13%
<b>Protein</b> 44g	
<b>Vitamin A</b>	24%
<b>Vitamin C</b>	0%
<b>Calcium</b>	16%
<b>Iron</b>	58%

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