

Eclair Shells

What's Cooking II
North American Institute of Modern Cuisine

Yield: 10 eclair shells

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 4 x 1-inch eclair shells 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 eclair shells cool fully before stuffing.

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

Calories (kcal):	873
% Calories from Fat:	27.6%
% Calories from Carbohydrates:	51.6%
% Calories from Protein:	20.8%
Total Fat (g):	26g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	1060mg
Carbohydrate (g):	110g
Dietary Fiber (g):	3g
Protein (g):	44g
Sodium (mg):	1426mg
Potassium (mg):	469mg
Calcium (mg):	161mg
Iron (mg):	10mg
Zinc (mg):	4mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	1220IU
Vitamin A (r.e.):	350RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	313mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1

Nutrition Facts

Amount Per Serving

Calories	873	Calories from Fat: 241
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% Daily Values*

Total Fat	26g	40%
Saturated Fat	8g	40%
Cholesterol	1060mg	353%
Sodium	1426mg	59%
Total Carbohydrates	110g	37%
Dietary Fiber	3g	13%
Protein	44g	

Vitamin A	24%
Vitamin C	0%
Calcium	16%
Iron	58%

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