

Mini Gruyere Puffs

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens*

Servings: 20

*1/2 cup water
1/4 cup butter
1/2 teaspoon dried basil, crushed
1/4 teaspoon garlic salt
dash cayenne pepper
1/2 cup all-purpose flour
2 eggs
1/2 cup (2 ounces) Gruyere cheese
OR Swiss cheese, grated
2 tablespoons Parmesan cheese, grated
grated Gruyere or Swiss cheese*

Preparation Time: 15 minutes

Bake: 20 minutes

Preheat the oven to 450 degrees.

Grease a baking sheet and set aside.

In a small saucepan, combine the water, butter, basil, garlic, salt and cayenne pepper. Bring to a boil over medium heat, stirring to melt the butter. Immediately add the flour all at once, stirring vigorously. Cook and stir until the mixture forms a ball that doesn't separate. Remove from the heat. Cool for 5 minutes.

Add the eggs, one at a time, to the mixture in the saucepan, beating with a spoon after each addition until smooth. Stir in the shredded Gruyere cheese. Drop the dough by rounded tablespoons about two inches apart onto the prepared baking sheet. Sprinkle with the Parmesan cheese.

Bake for 10 minutes. Reduce the oven temperature to 375 degrees. Bake for 10 to 12 minutes more or until puffed and golden. Turn off the oven. Let the puffs stand in the oven for 3 minutes. Sprinkle lightly with grated Gruyere cheese. Transfer the puffs to a wire rack. Cool completely.

TIP: If you prefer to pipe the dough, fit a pastry bag with a 1/2-inch open star tip. Spoon the dough into the bag. Pipe small mounds of dough about two inches apart onto the prepared baking sheet.

Per Serving (excluding unknown items): 42 Calories; 3g Fat (64.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	42	Vitamin B6 (mg):	trace
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	23.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	7mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	28mg	% Refuse:	0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	66mg	Vegetable:	0
Potassium (mg):	13mg	Fruit:	0
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	118IU		
Vitamin A (r.e.):	30RE		

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 42 **Calories from Fat:** 27

% Daily Values*

Total Fat 3g	5%
Saturated Fat 2g	8%
Cholesterol 28mg	9%
Sodium 66mg	3%
Total Carbohydrates 2g	1%
Dietary Fiber trace	0%
Protein 1g	
Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	1%

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