

Small Cheese Puffs

What's Cooking II

North American Institute of Modern Cuisine

Servings: 36

1/2 cup butter
1/2 onion, sliced
1/2 cup flour
2 1/2 cups milk
2 cups Gruyere cheese, grated
1 teaspoon salt
1/2 teaspoon pepper
36 Pastry Puffs (see recipe
Appetizers/ Hot)

In a skillet, melt the butter. Over low heat, cook the onion without browning for 3 minutes. Discard the onion.

Sprinkle the melted butter with the flour, mixing until the flour is absorbed. Cook for 1 minute. Fold in the milk. Stirring constantly, continue cooking until the sauce thickens.

Stir in the cheese and seasonings. Once the cheese has fully melted, remove from the heat. Let stand until the mixture sets.

Puncture a small hole in the side of each puff. Using a pastry bag with a plain nozzle, stuff the cheese mixture into the puffs. Refrigerate for one hour.

Meanwhile, preheat the oven to 350 degrees.

Transfer the cheese puffs to a baking sheet. Cover with aluminum foil. Bake for 20 minutes, removing the foil after 15 minutes. Serve piping hot.

Per Serving (excluding unknown items): 65 Calories; 5g Fat (70.2% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 114mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

% Calories from Fat:	70.2%
% Calories from Carbohydrates:	14.0%
% Calories from Protein:	15.8%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	114mg
Potassium (mg):	36mg
Calcium (mg):	83mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	191IU
Vitamin A (r.e.):	52RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 36

Amount Per Serving

Calories 65 Calories from Fat: 45

% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 16mg	5%
Sodium 114mg	5%
Total Carbohydrates 2g	1%
Dietary Fiber trace	0%
Protein 3g	
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Vitamin A	4%
Vitamin C	0%
Calcium	8%
Iron	1%

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