

Spiced Cheddar Cheese Puffs

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Yield: 50 puffs

1/2 cup (one stick) butter
1 cup flour
4 large eggs
1 egg white
1 cup sharp cheddar cheese, shredded
1 1/2 teaspoons curry powder
1/4 to 1/2 teaspoon red pepper flakes
1/2 teaspoon cumin seeds
1 teaspoon Kosher salt
1/2 cup sharp cheddar cheese (for topping), shredded
poppy seeds (for topping)

Preparation Time: 25 minutes

Preheat the oven to 425 degrees.

In a medium pot, combine the butter with one cup of water and bring to a boil. Decrease the heat to medium, add the flour and cook about 6 minutes, stirring constantly. The mixture should form a sticky ball and a slight film should stick to the bottom of the pan.

Scrape the dough into a food processor; pulse a couple of times to cool. With the motor running, add the eggs one at a time, then the egg white, until a thick paste forms. Add one cup of cheddar, curry powder, red pepper, cumin and salt; process until combined.

Scrape the dough into a zip-top bag., Squeeze out the air and snip one corner to make a very small hole. Pipe the dough in one tablespoon mounds onto two parchment-lined baking sheets. Top each with more cheddar and a sprinkle of poppy seeds.

Bake for 20 minutes (do not open the oven door). Reduce the heat to 375 degrees and bake until golden and crisp, 10 more minutes.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 1645 Calories; 105g Fat (57.9% calories from fat); 71g Protein; 101g Carbohydrate; 5g Dietary Fiber; 1091mg Cholesterol; 3393mg Sodium. Exchanges: 6 1/2 Grain(Starch); 7 1/2 Lean Meat; 16 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1645	Vitamin B6 (mg):	.4mg
% Calories from Fat:	57.9%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	24.7%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	105g	Folacin (mcg):	157mcg
Saturated Fat (g):	59g	Niacin (mg):	8mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	1091mg	% Refuse:	0.0%
Carbohydrate (g):	101g		
Dietary Fiber (g):	5g		
Protein (g):	71g		
Sodium (mg):	3393mg		
Potassium (mg):	645mg		
Calcium (mg):	981mg		
Iron (mg):	12mg		
Zinc (mg):	7mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	4032IU		
Vitamin A (r.e.):	1082RE		

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	7 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1645 Calories from Fat: 953

% Daily Values*

Total Fat	105g	162%
Saturated Fat	59g	295%
Cholesterol	1091mg	364%
Sodium	3393mg	141%
Total Carbohydrates	101g	34%
Dietary Fiber	5g	19%
Protein	71g	
Vitamin A		81%
Vitamin C		4%
Calcium		98%
Iron		66%

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