

THIS WEEK'S RECIPE

As seen on hdnews.net



Cream Puff Dessert

By Julie Jones
 1 cup water
 ½ cup butter
 1 cup flour
 4 eggs



8 ounces cream cheese, softened
 3 ½ cups cold milk
 2 packages instant pudding (your choice of flavors)
 8 ounce package whipped topping
 Chocolate syrup (optional)

- Bring water and butter in saucepan to a boil. Add flour all at once. Stir until a smooth ball forms. Remove from heat, let stand for 5 minutes. Add eggs one at a time. Beat well after each. Spread in a 9 x 13 pan. Bake at 400 degrees for 30 to 35 minutes till puffed and golden brown. Cool completely.
- Beat cream cheese, milk and pudding till smooth. Spread over cooled puff pastry. Refrigerate 30 minutes. Spread with whipped topping. Refrigerate till ready to serve.
- Serves 12



Nutrition Facts

Serving Size (172g)
 Servings Per Container 12

Amount Per Serving
 Calories 290 Calories from Fat 140

	% Daily Value*
Total Fat 15g	23%
Saturated Fat 9g	46%
Cholesterol 105mg	36%
Sodium 410mg	17%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 1g	

Vitamin A 10% • Vitamin C 0%
 Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4
 Lowfat Cream Cheese, 2% Milk, Lite Whipped

Location of Ingredients

(at Vine Street Dillon's)

ITEM	aisle
Water	Faucet
Butter	Dairy
Eggs	Diary
Cream Cheese	Dairy
Cold Milk	Dairy
Instant Pudding	5
Whipped Topping	7
Chocolate Syrup	4



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