



4 Cheese Souffle

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 5 eggs separated
- 4 tablespoons flour all-purpose
- 0.3 cup monterey jack shredded
- 0.3 cup muenster cheese shredded
- 1 onion diced
- 4 servings salt and pepper
- 0.5 cup cheddar shredded

- 0.5 cup swiss cheese shredded
- 1 cup milk whole

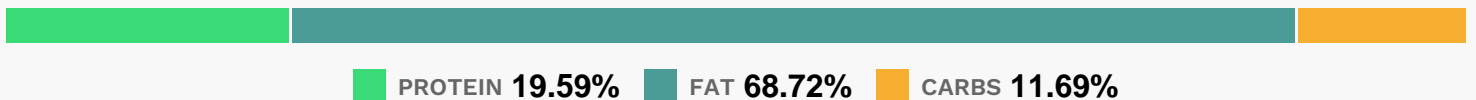
Equipment

- oven
- whisk
- casserole dish

Directions

- Preheat oven to 350 degrees F.
- Saute onion in butter until translucent.
- Whisk in flour to form a roux. Gradually whisk in milk until thickened.
- Add cheeses and season.
- Remove from heat and beat in yolks. Allow to cool.
- While egg yolks are cooling, beat whites to stiff peak. Gently fold in whites to cheese mixture.
- Add to buttered 1 1/2-quart casserole dish and bake for 35 to 40 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:5.97, Inflammation Score:-6, Nutrition Score:14.513043569482%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 416.95kcal (20.85%), Fat: 31.88g (49.05%), Saturated Fat: 17.94g (112.14%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 11.54g (4.2%), Sugar: 4.49g (4.99%), Cholesterol: 281.77mg (93.92%), Sodium: 590.42mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.89%), Selenium: 30.97µg (44.25%), Calcium: 440.1mg (44.01%), Phosphorus: 396.54mg (39.65%), Vitamin B2: 0.54mg (31.65%), Vitamin B12: 1.56µg (26.04%), Vitamin A: 1125.6IU (22.51%), Zinc: 2.59mg (17.27%), Vitamin B5: 1.3mg (12.97%), Vitamin D: 1.94µg (12.94%), Folate: 51.52µg (12.88%), Vitamin B6: 0.2mg (9.81%), Vitamin B1: 0.14mg (9.06%), Iron: 1.49mg (8.29%), Vitamin E: 1.17mg (7.78%), Magnesium: 30.69mg (7.67%), Potassium: 254.62mg (7.27%), Manganese: 0.11mg (5.42%), Copper: 0.08mg (3.87%), Vitamin B3: 0.62mg (3.08%), Fiber: 0.67g (2.68%), Vitamin C: 2.04mg (2.47%), Vitamin K: 2.34µg (2.23%)