



Apple & Cheddar Cheese Soufflés

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 2 eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 apples i use 2 granny smith apples diced cored peeled
- ☐ 1 cup milk 2%
- ☐ 1 pinch nutmeg freshly grated

- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded white
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin

Directions

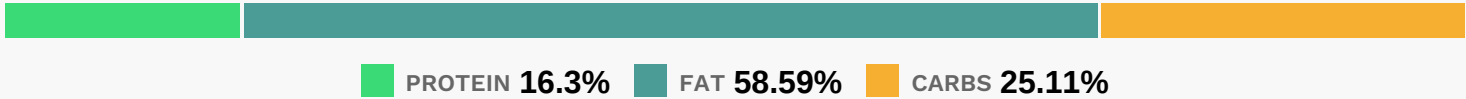
- ☐ Place a large skillet over medium-high heat and melt 1 tablespoon butter just until the edges of the butter look slightly browned and smells nutty, about 1 minute. Stir apples into butter and cook until they just begin to soften, about 2 minutes.
- ☐ Sprinkle with sugar and continue to cook until apples are soft and slightly caramelized, about 5 minutes.
- ☐ Transfer apples to a plate and spread out to cool.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 4 ramekins generously with butter.
- ☐ Place ramekins onto a sheet pan.
- ☐ Melt 2 tablespoons butter in a small skillet over medium heat; stir in flour and cook until mixture is smooth and raw taste of flour is cooked out of the roux, 2 to 3 minutes.
- ☐ Pour milk into roux, bring to a simmer, and whisk until mixture thickens to a smooth white sauce, about 2 minutes. Cook, whisking, for 1 minute more and remove from heat; cool white sauce to lukewarm temperature.
- ☐ Pour white sauce into a large mixing bowl and whisk in salt, black pepper, cayenne pepper, nutmeg, and egg yolks. Stir Cheddar cheese into white sauce mixture until thoroughly combined.
- ☐ Whisk egg whites in a glass or metal bowl until they hold soft, fluffy peaks, about 2 minutes. Gently fold half the beaten egg whites into the souffle batter. Repeat with remaining whites to

make a soft, airy batter. Fold in cooled apple mixture. Divide mixture into prepared ramekins.

☐ Bake in the preheated oven until souffles have risen and tops are browned, about 22 minutes. Souffles will fall slightly as they cool.

☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:97.02, Glycemic Load:6.02, Inflammation Score:-4, Nutrition Score:7.9734782654306%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 248.21kcal (12.41%), Fat: 16.39g (25.21%), Saturated Fat: 9.2g (57.47%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.54g (5.29%), Sugar: 10.95g (12.17%), Cholesterol: 122.87mg (40.96%), Sodium: 534.33mg (23.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Calcium: 239.23mg (23.92%), Selenium: 15.61µg (22.31%), Phosphorus: 206.6mg (20.66%), Vitamin B2: 0.34mg (19.83%), Vitamin B12: 0.75µg (12.43%), Vitamin A: 602.32IU (12.05%), Zinc: 1.41mg (9.37%), Vitamin B5: 0.69mg (6.87%), Folate: 26.41µg (6.6%), Potassium: 185.54mg (5.3%), Vitamin B1: 0.08mg (5.1%), Fiber: 1.26g (5.03%), Vitamin B6: 0.1mg (4.8%), Magnesium: 18.66mg (4.66%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.57µg (3.78%), Iron: 0.68mg (3.76%), Manganese: 0.07mg (3.49%), Vitamin C: 2.24mg (2.71%), Copper: 0.05mg (2.38%), Vitamin K: 2.26µg (2.15%), Vitamin B3: 0.35mg (1.77%)