



# Apricot Souffles with Vanilla Rum Whipped Cream

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon cream of tartar
- 1 tablespoon rum dark
- 1.5 cups apricots dried
- 5 large egg whites
- 0.5 cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 1 tablespoon rum if desired dark

- 2 pinches salt
- 0.8 cup sugar plus additional for coating ramekins
- 0.5 teaspoon vanilla
- 1.5 cups water

## Equipment

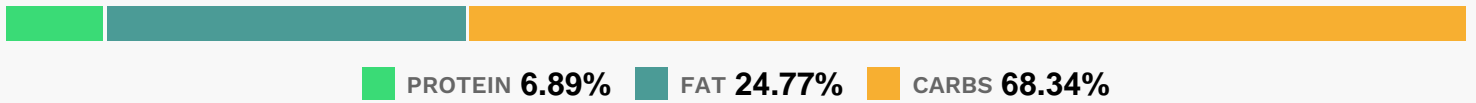
- food processor
- bowl
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- sieve
- ramekin
- hand mixer

## Directions

- In a heavy saucepan, simmer apricots, water, and 1/2 cup of the sugar, covered, for 20 minutes.
- Transfer hot mixture to a food processor and puree until very smooth. Force puree through a fine sieve into a bowl and stir in the lemon juice, rum, vanilla, and 1 pinch of salt. Cool puree completely. (Puree may be made 2 days ahead and chilled, covered.) Bring puree to room temperature before proceeding.
- Transfer puree to a large bowl. Preheat oven to 350 degrees F. Generously butter six, 7-ounce (3 1/2 by 1 3/4)
- ramekins and coat with additional sugar, knocking out the excess. With an electric mixer, beat whites with a pinch of salt until foamy. Beat in cream of tartar and beat whites until they hold soft peaks. Beat in remaining 1/4 cup of sugar, a little at a time, and beat meringue until it just holds stiff peaks.

- Whisk about one fourth of the meringue into the puree to lighten, then fold in remaining meringue gently but thoroughly. Ladle batter into ramekins and bake souffles on a baking sheet in the middle of the oven for 20 to 25 minutes, or until puffed, golden brown, and just set in center.
- Remove ramekins from oven.
- Whisk heavy cream until doubled in volume, add rum and continue to whisk until light and fluffy. With 2 forks pull open center of each souffle.
- Place a dollop of rum-laced whipped cream in opening.

## Nutrition Facts



### Properties

Glycemic Index:22.25, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:5.6843478187271%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 269.69kcal (13.48%), Fat: 7.46g (11.47%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 43.92g (15.97%), Sugar: 43.18g (47.98%), Cholesterol: 22.41mg (7.47%), Sodium: 186.83mg (8.12%), Alcohol: 1.78g (100%), Alcohol %: 1.31% (100%), Protein: 4.67g (9.34%), Vitamin A: 1463IU (29.26%), Potassium: 464.99mg (13.29%), Vitamin B2: 0.19mg (11.04%), Vitamin E: 1.59mg (10.62%), Selenium: 6.96µg (9.95%), Fiber: 2.38g (9.52%), Copper: 0.13mg (6.66%), Iron: 0.93mg (5.16%), Vitamin B3: 0.89mg (4.44%), Manganese: 0.08mg (4.16%), Phosphorus: 39.13mg (3.91%), Magnesium: 15.6mg (3.9%), Calcium: 35.19mg (3.52%), Vitamin B6: 0.06mg (2.8%), Vitamin B5: 0.27mg (2.74%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.41mg (1.71%), Vitamin K: 1.64µg (1.56%), Folate: 5.64µg (1.41%), Zinc: 0.2mg (1.3%)