



Artichoke-Crab Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained finely chopped canned
- ☐ 2 slices bacon
- ☐ 0.5 teaspoon cream of tartar
- ☐ 0.3 cup egg substitute
- ☐ 4 egg whites at room temperature
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 cups milk 2% low-fat
- ☐ 0.5 pound lump crab meat

- ☐ 0.3 cup onion finely chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper white

Equipment

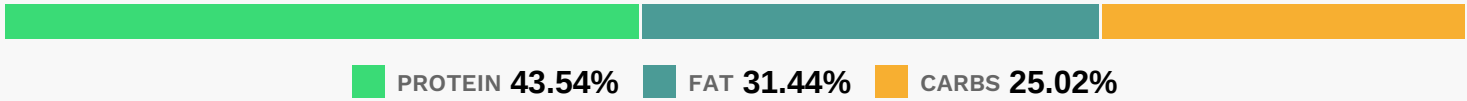
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Cut a piece of foil long enough to fit around a 2-quart souffl dish, allowing a 1-inch overlap; fold foil lengthwise into thirds. Lightly coat one side of foil and bottom of dish with cooking spray. Wrap foil around outside of dish, coated side against dish, allowing it to extend 4 inches above rim to form a collar; secure with string or masking tape.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from skillet, reserving 1 tablespoon bacon fat in skillet. Crumble bacon, and set aside.
- ☐ Add onion to bacon fat in skillet, and saut 2 minutes or until tender.
- ☐ Add flour, and cook 1 minute, stirring constantly with a wire whisk. Gradually add milk, stirring constantly. Bring to a boil over medium heat, and cook 1 minute or until thickened, stirring constantly.
- ☐ Place egg substitute in a large bowl. Gradually add hot milk mixture to egg substitute, stirring constantly with a wire whisk. Stir in bacon, cheese, salt, peppers, artichokes, and crabmeat; set aside.

- ☐
- Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form. Gently stir one-fourth of egg white mixture into milk mixture. Gently fold in remaining egg white mixture.
- ☐
- Pour mixture into prepared souffl dish.
- ☐
- Bake at 400 for 10 minutes. Reduce oven temperature to 350, and bake an additional 45 minutes or until puffed and golden. Carefully remove foil collar, and serve immediately.
- ☐
- Note: To make individual souffls, prepare 6 (8-ounce) ramekins as directed above. Divide souffl mixture evenly among ramekins, and place on a large baking sheet.
- ☐
- Bake as directed above.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:11.623043680968%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 149.36kcal (7.47%), Fat: 4.99g (7.68%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.71g (2.81%), Sugar: 4.11g (4.57%), Cholesterol: 26.88mg (8.96%), Sodium: 857.95mg (37.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.11%), Vitamin B12: 3.91µg (65.12%), Selenium: 26.55µg (37.93%), Phosphorus: 201.94mg (20.19%), Zinc: 2.85mg (19.03%), Copper: 0.37mg (18.39%), Calcium: 158.9mg (15.89%), Vitamin B2: 0.26mg (15.38%), Potassium: 298.24mg (8.52%), Magnesium: 33.59mg (8.4%), Vitamin B1: 0.11mg (7.17%), Vitamin B6: 0.14mg (7.02%), Folate: 26.43µg (6.61%), Vitamin B5: 0.63mg (6.31%), Vitamin D: 0.86µg (5.75%), Vitamin B3: 0.98mg (4.92%), Fiber: 1.22g (4.89%), Vitamin A: 204.3IU (4.09%), Vitamin C: 3.23mg (3.91%), Iron: 0.66mg (3.64%), Manganese: 0.05mg (2.43%), Vitamin E: 0.23mg (1.52%)