



Arugula and Fontina Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- 9 cups arugula trimmed
- 0.1 teaspoon pepper black freshly ground
- 1 Dash cream of tartar
- 0.5 cup breadcrumbs dry
- 6 large egg whites
- 1 large egg yolk lightly beaten
- 0.3 cup flour all-purpose
- 2 ounces fontina shredded

- 0.1 teaspoon nutmeg
- 0.1 teaspoon ground pepper red
- 1.3 cups milk 1% low-fat
- 0.5 teaspoon salt

Equipment

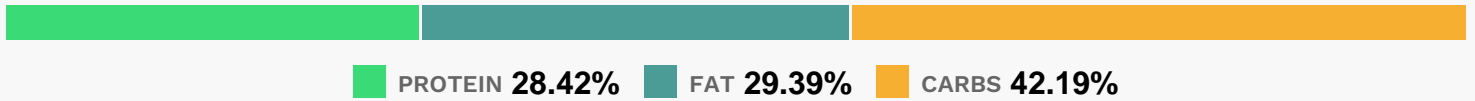
- bowl
- sauce pan
- oven
- knife
- whisk
- sieve
- blender
- measuring cup

Directions

- Preheat oven to 35
- Coat a 2-quart souffl dish with cooking spray; sprinkle breadcrumbs over bottom and sides of dish.
- Cook arugula in boiling water 15 seconds or until wilted, and drain in a sieve, pressing until barely moist. Finely chop; place in a large bowl.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place the flour, salt, ground nutmeg, ground red pepper, and black pepper in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat, stirring constantly. Cook 1 minute or until thick.
- Gradually stir about one-fourth of hot milk mixture into egg yolk, stirring constantly with a whisk, and add to remaining hot milk mixture, stirring constantly. Cook 30 seconds, and remove from heat. Stir in arugula and cheese. Cool slightly.
- Place egg whites and cream of tartar in a large bowl, and beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into arugula mixture; gently fold in remaining egg white mixture. Spoon into prepared souffl dish.

- Bake at 350 for 45 minutes or until puffed, golden, and set.
- Serve immediately.
- Wine Note: In France the choice for this dish would be a Sancaerre or Pouilly Fun, both of which are light, crisp wines made with Sauvignon Blanc grapes. Of course, there are dozens of fabulous Sauvignon Blancs made in the United States, too. A sassy light one that would be terrific here: Geyser Peak's Sauvignon Blanc from Sonoma County (about \$10).
- Asparagus and Gruyre Souffl: Substitute 3/4 pound asparagus for arugula. Cook asparagus in boiling water 4 minutes; drain and rinse with cold water.
- Cut a 1-inch tip from each asparagus spear; finely chop stalks. Substitute 1 teaspoon dry mustard for ground red pepper. Substitute 1/2 cup (2 ounces) shredded Gruyre for fontina. Stir in asparagus tips and chopped asparagus with the cheese

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:4.09, Inflammation Score:-7, Nutrition Score:10.485217395036%

Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 153.4kcal (7.67%), Fat: 4.98g (7.66%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.98g (5.45%), Sugar: 4.04g (4.49%), Cholesterol: 44.02mg (14.67%), Sodium: 418.94mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.67%), Vitamin K: 33.73µg (32.12%), Selenium: 15.31µg (21.87%), Vitamin B2: 0.34mg (20.28%), Vitamin A: 953.01IU (19.06%), Calcium: 185.86mg (18.59%), Folate: 58.53µg (14.63%), Phosphorus: 137.57mg (13.76%), Vitamin B1: 0.19mg (12.76%), Manganese: 0.24mg (12.13%), Vitamin B12: 0.58µg (9.59%), Potassium: 305.95mg (8.74%), Magnesium: 30.71mg (7.68%), Iron: 1.34mg (7.43%), Zinc: 0.94mg (6.27%), Vitamin B3: 1.21mg (6.04%), Vitamin B5: 0.58mg (5.77%), Vitamin C: 4.53mg (5.49%), Vitamin D: 0.75µg (5%), Fiber: 1.1g (4.41%), Vitamin B6: 0.09mg (4.3%), Copper: 0.07mg (3.5%), Vitamin E: 0.26mg (1.74%)