

Asparagus Soufflé

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus trimmed cut into 1/2-inch pieces
- ☐ 1 pinch cayenne pepper to taste
- ☐ 4 eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 clove garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup milk cold
- ☐ 0.5 cup sharp cheddar cheese white grated

- ☐ 2 tablespoons butter unsalted

Equipment

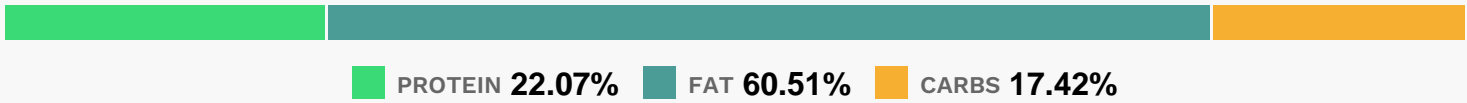
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ ramekin

Directions

- ☐ Cook asparagus in a saucepan of boiling water until bright green but still crisp, about 2 minutes.
- ☐ Transfer asparagus to ice water to stop the cooking process.
- ☐ Drain and set aside.
- ☐ Melt butter in a saucepan over medium-low heat.
- ☐ Whisk in flour and stir until mixture becomes paste-like and light golden brown, about 2 minutes.
- ☐ Whisk milk into butter-flour mixture; bring to a simmer and cook until thick, 2 to 3 minutes. Season with salt and cayenne pepper.
- ☐ Place milk mixture, garlic, and asparagus in a blender and puree until smooth.
- ☐ Pour asparagus mixture into a large bowl; stir in egg yolks and Cheddar cheese.
- ☐ Preheat oven to 375 degrees F (190 degrees C)
- ☐ Generously butter 4 (6-ounce) ramekins
- ☐ Beat egg whites in a large glass or metal mixing bowl until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak
- ☐ Stir half of egg whites into asparagus cheese mixture until just combined. Gently fold remaining egg whites into mixture.

☐ Fill prepared ramekins about 3/4 full and place on a baking sheet; bake in the preheated oven until edges are golden brown, about 20 to 25 minutes

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:3.92, Inflammation Score:-8, Nutrition Score:17.146087024523%

Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 244.13kcal (12.21%), Fat: 16.79g (25.84%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 8.4g (3.05%), Sugar: 5.28g (5.87%), Cholesterol: 200.18mg (66.72%), Sodium: 762.57mg (33.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.57%), Vitamin K: 47.98µg (45.7%), Selenium: 22.65µg (32.36%), Vitamin B2: 0.53mg (31.04%), Vitamin A: 1513.82IU (30.28%), Phosphorus: 278.3mg (27.83%), Calcium: 229.85mg (22.99%), Folate: 89.26µg (22.31%), Iron: 3.39mg (18.83%), Vitamin B1: 0.25mg (16.49%), Vitamin B12: 0.88µg (14.71%), Vitamin E: 2.04mg (13.61%), Zinc: 1.98mg (13.22%), Vitamin B5: 1.29mg (12.95%), Copper: 0.26mg (12.89%), Vitamin D: 1.74µg (11.61%), Vitamin B6: 0.23mg (11.56%), Manganese: 0.23mg (11.4%), Potassium: 398.17mg (11.38%), Fiber: 2.48g (9.91%), Magnesium: 33.28mg (8.32%), Vitamin C: 6.44mg (7.8%), Vitamin B3: 1.43mg (7.17%)