



## Best-Ever Cheese Soufflé

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon mustard dry
- ☐ 3 tablespoons cooking sherry dry
- ☐ 4 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups gruyère cheese shredded packed

- ☐ 1.3 cups heavy cream
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted

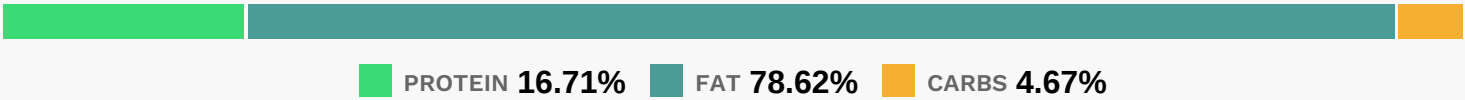
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

## Directions

- ☐ Preheat the oven to 37
- ☐ Butter a 1 1/2-quart souffl dish and coat it with 2 tablespoons of the Parmigiano.
- ☐ In a medium saucepan, melt the butter. Stir in the flour to make a paste. Gradually whisk in the cream and bring to a boil over moderate heat, whisking. Reduce the heat to low and cook, whisking, until very thick, 3 minutes.
- ☐ Transfer the base to a large bowl; let cool. Stir in the egg yolks, sherry, Gruyre, sour cream, salt, Dijon mustard, dry mustard, cayenne and the remaining 1/4 cup of Parmigiano.
- ☐ Put the 7 egg whites in a large stainless steel bowl.
- ☐ Add the cream of tartar. Using an electric mixer, beat the whites until firm peaks form. Fold one-third of the whites into the souffl base to lighten it, then fold in the remaining whites until no streaks remain.
- ☐ Scrape the mixture into the prepared dish. Run your thumb around the inside rim of the dish to wipe away any crumbs.
- ☐ Bake for about 35 minutes, until the souffl is golden brown and puffed.
- ☐ Serve right away.

## Nutrition Facts



## Properties

Glycemic Index:9.05, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:3.1547825828842%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 137.38kcal (6.87%), Fat: 11.95g (18.38%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.62g (0.68%), Cholesterol: 37.4mg (12.47%), Sodium: 278.11mg (12.09%), Alcohol: 0.23g (100%), Alcohol %: 0.68% (100%), Protein: 5.71g (11.43%), Calcium: 160.91mg (16.09%), Phosphorus: 101.95mg (10.19%), Vitamin A: 424.11IU (8.48%), Selenium: 4.6µg (6.57%), Vitamin B2: 0.11mg (6.3%), Vitamin B12: 0.26µg (4.37%), Zinc: 0.61mg (4.06%), Vitamin D: 0.35µg (2.37%), Magnesium: 8.05mg (2.01%), Vitamin E: 0.24mg (1.61%), Vitamin B1: 0.02mg (1.46%), Vitamin B5: 0.14mg (1.44%), Potassium: 49mg (1.4%), Folate: 4.61µg (1.15%), Vitamin B6: 0.02mg (1.03%), Vitamin K: 1.06µg (1.01%)