



Bittersweet Chocolate Soufflé with Earl Grey Custard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 5 large egg whites
- ☐ 2 large egg yolks
- ☐ 2.5 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 8 tablespoons sugar
- ☐ 1 tablespoon earl grey tea leaves (from 3 tea bags)
- ☐ 2.5 ounces chocolate unsweetened chopped

- ☐ 0.5 cup whipping cream
- ☐ 0.3 cup milk whole

Equipment

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

Directions

- ☐ Whisk egg yolks and 2 tablespoons sugar in medium bowl to blend well.
- ☐ Combine milk, cream, tea leaves, and remaining 1/2 cup sugar in heavy medium saucepan. Bring to simmer over medium heat, stirring until sugar dissolves. Gradually whisk hot milk mixture into egg yolk mixture; return to same saucepan. Stir over medium-low heat until custard thickens enough to leave path on spoon when finger is drawn across, about 8 minutes (do not boil). Immediately strain sauce into small bowl. Refrigerate uncovered until cold, at least 4 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Preheat oven to 375°F. Generously butter 6-cup soufflé dish; coat dish with sugar.
- ☐ Combine milk and 5 tablespoons sugar in heavy medium saucepan. Stir over medium-low heat until sugar dissolves and milk comes to simmer.
- ☐ Remove from heat; add both chocolates and stir until melted and smooth.
- ☐ Whisk in egg yolks.
- ☐ Using electric mixer, beat whites in medium bowl until soft peaks form. Gradually add 3 tablespoons sugar, beating until stiff but not dry. Fold whites into warm chocolate mixture in 3 additions.
- ☐ Transfer mixture to prepared dish.
- ☐ Bake soufflé until just set in center and top is puffed and cracked all over, about 32 minutes.
- ☐ Serve soufflé immediately with custard sauce.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:14.2, Inflammation Score:-5, Nutrition Score:9.1139130909806%

Flavonoids

Catechin: 7.64mg, Catechin: 7.64mg, Catechin: 7.64mg, Catechin: 7.64mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 16.81mg, Epicatechin: 16.81mg, Epicatechin: 16.81mg, Epicatechin: 16.81mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 312.71kcal (15.64%), Fat: 19.91g (30.63%), Saturated Fat: 11.78g (73.62%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.34g (10.31%), Sugar: 25.86g (28.74%), Cholesterol: 85.95mg (28.65%), Sodium: 63.17mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.1mg (6.7%), Protein: 7.15g (14.31%), Manganese: 0.66mg (33.09%), Copper: 0.54mg (27.2%), Iron: 3.01mg (16.72%), Selenium: 11.59µg (16.56%), Magnesium: 65.81mg (16.45%), Vitamin B2: 0.23mg (13.43%), Phosphorus: 129.41mg (12.94%), Fiber: 2.91g (11.62%), Zinc: 1.69mg (11.3%), Vitamin A: 401.13IU (8.02%), Potassium: 256.51mg (7.33%), Calcium: 58.45mg (5.85%), Vitamin D: 0.77µg (5.15%), Vitamin B12: 0.26µg (4.36%), Vitamin B5: 0.38mg (3.78%), Folate: 13.6µg (3.4%), Vitamin E: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.92%), Vitamin K: 2.71µg (2.58%), Vitamin B6: 0.04mg (2.18%), Vitamin B3: 0.32mg (1.58%)