



WHATSheATE

Bittersweet Chocolate Soufflés

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 0.1 teaspoon cream of tartar
- ☐ 0.5 cup dutch-processed cocoa powder
- ☐ 4 large egg whites
- ☐ 2 large egg yolk
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup granulated sugar divided
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup milk 1% low-fat

- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

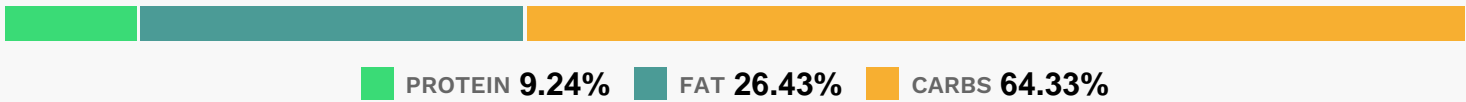
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Coat 8 (4-ounce) ramekins with cooking spray, and sprinkle with 2 tablespoons granulated sugar.
- ☐ Combine 1/2 cup granulated sugar, cocoa, flour, and salt in a small saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook until thick (about 3 minutes), stirring constantly.
- ☐ Remove from heat; let stand 3 minutes. Gradually stir in vanilla and egg yolks. Spoon chocolate mixture into a large bowl; cool.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/4 cup granulated sugar and cream of tartar, beating mixture until stiff peaks form. Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture and the chopped chocolate. Spoon into prepared ramekins.
- ☐ Bake at 350 for 15 minutes or until puffy and set.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:16.22, Inflammation Score:-3, Nutrition Score:5.9713043440943%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 198.43kcal (9.92%), Fat: 6.19g (9.53%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 31.02g (11.28%), Sugar: 27.62g (30.69%), Cholesterol: 47.28mg (15.76%), Sodium: 74.05mg (3.22%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 21.51mg (7.17%), Protein: 4.87g (9.74%), Manganese: 0.37mg (18.34%), Copper: 0.35mg (17.42%), Magnesium: 49.8mg (12.45%), Selenium: 8.42µg (12.03%), Fiber: 2.89g (11.56%), Phosphorus: 103.39mg (10.34%), Iron: 1.65mg (9.16%), Vitamin B2: 0.15mg (8.69%), Potassium: 207.9mg (5.94%), Zinc: 0.83mg (5.53%), Calcium: 39.28mg (3.93%), Vitamin B12: 0.21µg (3.45%), Folate: 12.31µg (3.08%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.39µg (2.61%), Vitamin B1: 0.04mg (2.59%), Vitamin A: 95.51IU (1.91%), Vitamin B6: 0.04mg (1.77%), Vitamin B3: 0.35mg (1.77%), Vitamin E: 0.18mg (1.21%)