



Blue Cheese Souffle with Fresh Figs and Honey

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 1 pinch cream of tartar
- ☐ 5 eggs separated
- ☐ 8 mission figs fresh split black
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 4 servings ground pepper white

- ☐ 0.5 cup honey
- ☐ 1 cup milk warmed
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar plus more for the ramekins
- ☐ 3 tablespoons butter unsalted softened plus more for greasing the ramekins

Equipment

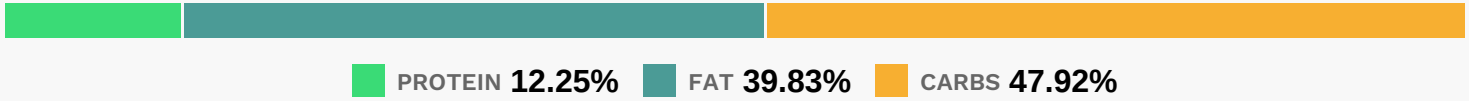
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Prepare 4 (8-ounce) ramekins by greasing them with softened butter and then coating them with sugar, tapping out any excess.
- ☐ Make a thick bechamel sauce base by melting the 3 tablespoons of butter over low-medium heat in a thick-bottomed pot. Just as the foam subsides, add the flour, stirring constantly with a whisk to prevent lumps. Cook for 2 to 3 minutes to coat the flour with fat and remove the starchy taste; do not allow the roux to brown.
- ☐ Add the warm milk to the mixture and continue to whisk until smooth and thick.
- ☐ Remove from the heat. Beat in the egg yolks 1 at a time. Season with salt, pepper, and nutmeg. Stir in the cheese until incorporated evenly. Chill the mixture while whipping the egg whites.
- ☐ In a separate clean bowl beat the egg whites and cream of tartar just until soft peaks form. Fold 1/3 of the beaten whites into the bechamel mixture to lighten it. Then gently fold in the rest.
- ☐ Pour the batter into the prepared ramekins and place on a cookie sheet.
- ☐ Bake on the middle rack for about 25 minutes.

- ☐
- The souffle is done when it has puffed over the rim, the outside is golden, and the center jiggles slightly.
- ☐
- Serve with fresh figs and a drizzle of honey. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:98.34, Glycemic Load:36.79, Inflammation Score:-6, Nutrition Score:16.023043622141%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 563.95kcal (28.2%), Fat: 25.89g (39.84%), Saturated Fat: 14.71g (91.92%), Carbohydrates: 70.08g (23.36%), Net Carbohydrates: 66.36g (24.13%), Sugar: 60.48g (67.2%), Cholesterol: 259.81mg (86.6%), Sodium: 503.39mg (21.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.85%), Selenium: 25.59µg (36.56%), Vitamin B2: 0.57mg (33.28%), Calcium: 330.78mg (33.08%), Phosphorus: 329.48mg (32.95%), Vitamin A: 1057.98IU (21.16%), Vitamin B12: 1.25µg (20.81%), Vitamin B5: 2.02mg (20.19%), Potassium: 560.08mg (16%), Manganese: 0.32mg (15.78%), Vitamin B6: 0.32mg (15.75%), Fiber: 3.71g (14.85%), Zinc: 2.18mg (14.53%), Vitamin D: 2.1µg (13.98%), Folate: 55.85µg (13.96%), Iron: 2.18mg (12.14%), Vitamin B1: 0.17mg (11.46%), Magnesium: 43.24mg (10.81%), Copper: 0.17mg (8.52%), Vitamin E: 1.05mg (7%), Vitamin K: 6.61µg (6.3%), Vitamin B3: 1.24mg (6.22%), Vitamin C: 2.64mg (3.2%)