



Breadcrumb-and-Smoked Cheese Soufflé

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups breadcrumbs fresh (9 ounces dense country bread)
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 tablespoon dijon mustard
- ☐ 4 large egg whites
- ☐ 3 large egg yolks
- ☐ 2.5 cups milk fat-free
- ☐ 2 cups green onions thinly sliced
- ☐ 1 Dash pepper white
- ☐ 2 ounces cheddar cheese smoked shredded

- ☐ 1 teaspoon stick margarine
- ☐ 1 teaspoon paprika sweet hot

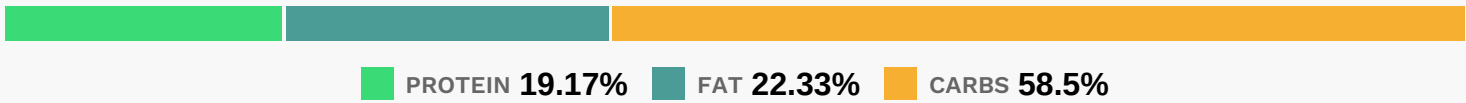
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a medium nonstick skillet over medium-high heat.
- ☐ Add green onions, and saut 4 minutes.
- ☐ Combine onion mixture, breadcrumbs, and next 6 ingredients (breadcrumbs through egg yolks) in a large bowl. Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form. Fold egg white mixture into breadcrumb mixture; spoon into a 2-quart souffl dish coated with cooking spray.
- ☐ Bake at 375 for 1 hour and 5 minutes or until set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:17.941304320874%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 312.58kcal (15.63%), Fat: 7.7g (11.85%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 42.16g (15.33%), Sugar: 8.03g (8.92%), Cholesterol: 78.23mg (26.08%), Sodium: 534.09mg (23.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.77%), Vitamin K: 55.76µg (53.1%), Vitamin B1: 0.6mg (39.81%), Selenium: 24.83µg (35.47%), Vitamin B2: 0.48mg (28.19%), Manganese: 0.56mg (28.16%), Calcium: 279.45mg (27.95%), Phosphorus: 243.2mg (24.32%), Folate: 87.18µg (21.8%), Vitamin B3: 3.86mg (19.3%), Iron: 3.25mg (18.06%), Vitamin B12: 0.85µg (14.13%), Vitamin A: 695.78IU (13.92%), Fiber: 3.26g (13.05%), Zinc: 1.66mg (11.05%), Potassium: 381.14mg (10.89%), Magnesium: 42.87mg (10.72%), Copper: 0.17mg (8.74%), Vitamin B5: 0.85mg (8.48%), Vitamin D: 1.23µg (8.19%), Vitamin B6: 0.16mg (8.03%), Vitamin C: 4.93mg (5.97%), Vitamin E: 0.5mg (3.32%)