



## Brown Sugar Soufflés with Crème Anglaise

 Vegetarian

READY IN



78 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 4.5 tablespoons butter
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 large eggs lightly beaten
- ☐ 6 large egg whites
- ☐ 1 large egg yolk
- ☐ 0.5 cup milk fat-free
- ☐ 1.3 cups milk fat-free

- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 2.5 tablespoons granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 inch vanilla pod split
- ☐ 1 teaspoon vanilla extract

## Equipment

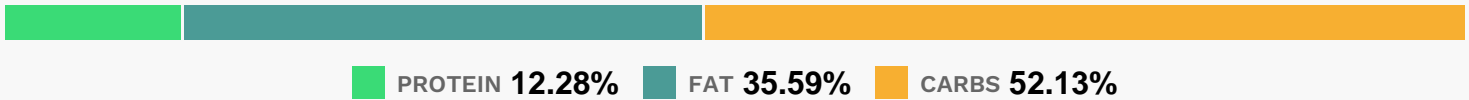
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin

## Directions

- ☐ Pour 1/2 cup milk into a medium saucepan over medium heat. Scrape seeds from vanilla bean; add seeds and bean to milk. Cook 6 minutes (do not boil); discard bean.
- ☐ Combine 2 tablespoons granulated sugar and egg in a bowl. Gradually add hot milk mixture to bowl, stirring constantly with a whisk. Return the mixture to pan. Cook over medium heat for 4 minutes or until mixture coats the back of a spoon, stirring constantly. Immediately pour into a bowl. Cover and chill.
- ☐ Place a baking sheet in oven. Preheat oven to 42
- ☐ Lightly coat 6 (8-ounce) ramekins with cooking spray.
- ☐ Sprinkle evenly with 2 1/2 tablespoons granulated sugar, tilting and turning dishes to coat sides.
- ☐ Combine brown sugar, flour, and salt.

- ☐ Place butter in a medium heavy saucepan over medium heat; cook for 3 minutes or until butter browns slightly. Stir in flour mixture and 1 1/4 cups milk; bring to a boil. Cook for 2 minutes or until slightly thick, stirring constantly, and remove from heat.
- ☐ Let stand 5 minutes. Stir in vanilla extract and egg yolk.
- ☐ Combine egg whites and cream of tartar in a large bowl; let stand at room temperature 15 minutes. Beat with a mixer at high speed until medium peaks form. Gently stir one-fourth of egg whites into milk mixture; gently fold in remaining egg whites. Gently spoon mixture into prepared dishes. Sharply tap dishes 2 or 3 times on counter.
- ☐ Place dishes on preheated baking sheet, and return baking sheet to 425 oven. Immediately reduce oven temperature to 350; bake souffls at 350 for 30 minutes or until puffy and golden.
- ☐ Serve immediately with sauce.

## Nutrition Facts



## Properties

Glycemic Index:55.28, Glycemic Load:9.52, Inflammation Score:-3, Nutrition Score:5.9617391526699%

## Nutrients (% of daily need)

Calories: 260.3kcal (13.02%), Fat: 10.37g (15.95%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 34.06g (12.39%), Sugar: 30.76g (34.17%), Cholesterol: 86.32mg (28.77%), Sodium: 218.72mg (9.51%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 8.05g (16.1%), Selenium: 13.82µg (19.75%), Vitamin B2: 0.32mg (18.59%), Calcium: 123.47mg (12.35%), Phosphorus: 116.32mg (11.63%), Vitamin A: 494.03IU (9.88%), Vitamin B12: 0.59µg (9.86%), Potassium: 261.06mg (7.46%), Vitamin D: 1.11µg (7.37%), Vitamin B5: 0.58mg (5.83%), Vitamin B1: 0.08mg (5.31%), Folate: 18.16µg (4.54%), Magnesium: 16.12mg (4.03%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.55mg (3.65%), Iron: 0.57mg (3.17%), Vitamin E: 0.41mg (2.71%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.37mg (1.87%), Copper: 0.03mg (1.64%)