



Butternut Squash Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 2 cups acorn squash cooked mashed
- ☐ 0.5 cup butter
- ☐ 6 large eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups half-and-half
- ☐ 0.5 teaspoon salt

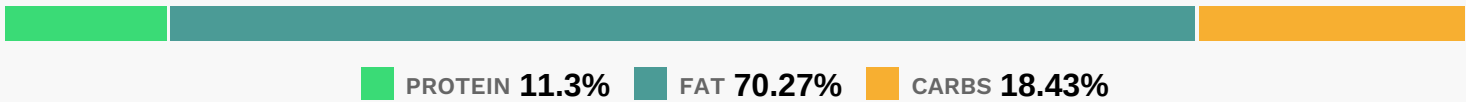
Equipment

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

Directions

- ☐ Melt butter in a heavy saucepan over low heat; add flour, whisking until smooth. Cook, whisking constantly, 1 minute. Gradually add half-and-half; cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Whisk egg yolks until thick and pale. Gradually stir about one-fourth hot mixture into yolks; stir into remaining hot mixture. Stir in squash, salt, and nutmeg.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form; fold one-fourth of egg whites into squash mixture. Fold in remaining egg whites; pour into a lightly buttered 2-quart souffle dish.
- ☐ Bake at 350 for 1 hour or until puffed and brown.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:5.78, Inflammation Score:-7, Nutrition Score:10.726521634537%

Nutrients (% of daily need)

Calories: 344.22kcal (17.21%), Fat: 27.15g (41.77%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.01g (5.46%), Sugar: 2.76g (3.07%), Cholesterol: 207.18mg (69.06%), Sodium: 481.71mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.65%), Selenium: 21.05µg (30.08%), Vitamin A: 1332.26IU (26.65%), Vitamin B2: 0.41mg (24.06%), Phosphorus: 189.23mg (18.92%), Folate: 52.63µg (13.16%), Vitamin B1: 0.19mg (12.51%), Vitamin B5: 1.19mg (11.9%), Calcium: 115.8mg (11.58%), Vitamin B6: 0.19mg (9.68%), Vitamin B12: 0.58µg (9.65%), Iron: 1.72mg (9.57%), Potassium: 330.51mg (9.44%), Vitamin E: 1.27mg (8.46%), Manganese: 0.17mg (8.45%), Magnesium: 30.15mg (7.54%), Vitamin C: 5.72mg (6.93%), Zinc: 1.02mg (6.79%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.05mg (5.26%), Copper: 0.09mg (4.43%), Fiber: 1.02g (4.06%)