



## Butternut Squash Souffle Side Dish

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 servings butter
- 0.5 butternut squash peeled (for instructions go here)
- 0.5 teaspoon cinnamon
- 3 egg whites
- 2 egg yolk
- 0.5 teaspoon ground ginger
- 0.5 cup cup heavy whipping cream
- 0.3 teaspoon nutmeg

- 4 servings vanilla extract
- 0.3 cup milk whole

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- blender
- ramekin
- spatula

## Directions

- Puree butternut squash with blender and set aside to let cool. In a small saucepan, heat cream, milk, nutmeg, cinnamon, ginger and vanilla to a simmer. Meanwhile, in a separate bowl, whisk yolks and sugar until pale yellow.
- Add a cup of the hot cream mixture very slowly into yolks while continuing to whisk. Then add yolks and cream back to saucepan and keep stirring over low heat.
- Mixture should thicken in a few minutes, then turn off heat and incorporate into squash puree. Preheat oven to 375 degrees, making sure the rack is near the bottom.
- Place a baking sheet in the oven. Butter your ramekins and dust the insides and rims with sugar. Then take egg whites in a clean bowl and whisk until glossy. It should form stiff peaks when you remove your whisk from the bowl, and should be able to hold the weight of an egg. Use a spatula to combine the egg whites scoop by scoop into the squash mixture, making sure they form a fully homogeneous mixture, but do not overmix. Carefully scoop your mixture into the ramekins up to the rims.
- Bake on lower rack for about 25 minutes, or until tops are golden brown. They should rise, but with firm tops and jiggly centers.

## Nutrition Facts



■ PROTEIN 10.41% ■ FAT 66.96% ■ CARBS 22.63%

## Properties

Glycemic Index:40.75, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:13.37652173913%

## Taste

Sweetness: 42.29%, Saltiness: 56.7%, Sourness: 9.77%, Bitterness: 5.52%, Savoriness: 34.4%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 234.01kcal (11.7%), Fat: 17.86g (27.48%), Saturated Fat: 10.62g (66.35%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.51g (4.18%), Sugar: 4.05g (4.5%), Cholesterol: 143.4mg (47.8%), Sodium: 91.6mg (3.98%), Alcohol: 0.34g (1.91%), Protein: 6.25g (12.5%), Vitamin A: 10683.33IU (213.67%), Vitamin C: 19.88mg (24.1%), Manganese: 0.33mg (16.53%), Selenium: 11.39µg (16.27%), Vitamin B2: 0.25mg (14.43%), Vitamin E: 1.99mg (13.24%), Potassium: 435.12mg (12.43%), Phosphorus: 104.18mg (10.42%), Folate: 40.84µg (10.21%), Calcium: 100.91mg (10.09%), Vitamin B6: 0.2mg (9.96%), Magnesium: 39.85mg (9.96%), Vitamin B1: 0.13mg (8.4%), Vitamin B5: 0.83mg (8.28%), Fiber: 2.07g (8.28%), Vitamin D: 1.13µg (7.53%), Vitamin B3: 1.22mg (6.11%), Iron: 1.03mg (5.7%), Vitamin B12: 0.33µg (5.57%), Copper: 0.09mg (4.35%), Zinc: 0.51mg (3.4%), Vitamin K: 2.52µg (2.4%)