



Cabrales Cheese Souffles with Endive and Asian Pear Salad

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour
- ☐ 6 servings sesame-ginger dressing
- ☐ 0.8 cup cheese blue packed crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 large eggs separated
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter unsalted ()

☐ 1 cup milk whole

Equipment

☐ bowl

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ hand mixer

☐ roasting pan

Directions

☐ Preheat oven to 350°F. Butter six 3/4-cup soufflé dishes or custard cups. Dust with flour; shake out excess.

☐ Place dishes in roasting pan. Melt 2 tablespoons butter in medium saucepan over medium heat.

☐ Add 1/4 cup flour; whisk 1 minute. Gradually add milk and whisk until mixture is thick and smooth, about 2 minutes.

☐ Remove from heat.

☐ Add cheese and whisk until melted and smooth.

☐ Whisk in egg yolks, pepper, and kosher salt. Cool soufflé base 15 minutes.

☐ Using electric mixer, beat egg whites in medium bowl until stiff but not dry. Fold whites into soufflé base in 2 additions (mixture will be runny). Divide soufflé among prepared dishes.

☐ Pour enough hot water into roasting pan to come halfway up sides of dishes.

☐ Bake until soufflés are slightly puffed and golden on top, about 35 minutes (soufflés may not rise above rim of dishes). (Can be prepared 2 hours ahead.)

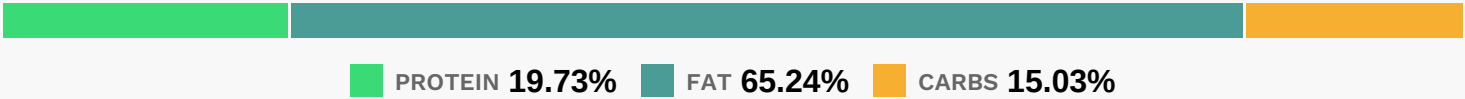
☐ Remove soufflés from water bath; let stand at room temperature.

☐ Place soufflé dishes on baking sheet and rewarm in 350°F oven 10 minutes.)

☐ Divide Endive and Asian Pear Salad among 6 plates.

☐ Place 1 soufflé dish alongside salad on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.72, Inflammation Score:-3, Nutrition Score:6.5352174199146%

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 12.82g (19.72%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.45g (2.35%), Sugar: 2.23g (2.48%), Cholesterol: 120.57mg (40.19%), Sodium: 352.56mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Selenium: 12.73µg (18.19%), Phosphorus: 163.26mg (16.33%), Calcium: 156.01mg (15.6%), Vitamin B2: 0.26mg (15.44%), Vitamin B12: 0.66µg (10.93%), Vitamin A: 447.53IU (8.95%), Vitamin B5: 0.86mg (8.57%), Vitamin D: 1.1µg (7.34%), Folate: 27.52µg (6.88%), Zinc: 0.98mg (6.55%), Vitamin B1: 0.08mg (5.26%), Vitamin B6: 0.1mg (4.91%), Potassium: 149.2mg (4.26%), Iron: 0.76mg (4.2%), Manganese: 0.07mg (3.37%), Magnesium: 13.29mg (3.32%), Vitamin E: 0.49mg (3.25%), Vitamin B3: 0.54mg (2.72%), Copper: 0.04mg (1.78%), Vitamin K: 1.78µg (1.69%)