



Candy Cane Soufflés

READY IN



37 min.

SERVINGS



6

CALORIES



655 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 6 servings butter
- ☐ 6 servings garnish: candy canes
- ☐ 0.1 teaspoon cream of tartar
- ☐ 6 ounces chocolate (dark with ghirardelli) chopped
- ☐ 7 egg whites
- ☐ 4 eggs yolks
- ☐ 6 tablespoons flour (all-purpose)
- ☐ 1 cup heavy whipping cream

- ☐ 1 cup milk
- ☐ 1 cup peppermint candies hard (35 candies)
- ☐ 1 teaspoon peppermint extract
- ☐ 2 tablespoons sugar
- ☐ 6 servings very vanilla crème anglaise
- ☐ 2 teaspoons vanilla extract

Equipment

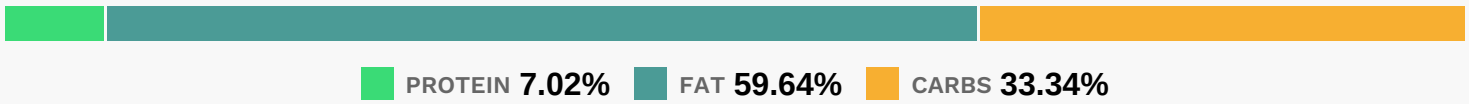
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Place 1 cup candies in a food processor; process until candies are ground. Set aside.
- ☐ Lightly butter bottoms and sides of 6 (8-oz.) individual souffl ramekins.
- ☐ Sprinkle 2 Tbsp. sugar evenly into ramekins, tilting ramekins to coat sides.
- ☐ Place ramekins on a baking sheet; set aside.
- ☐ Whisk together 4 egg yolks and 2 Tbsp. sugar in a large bowl. Melt 4 Tbsp. butter and chocolate in a small heavy saucepan over medium-low heat.
- ☐ Whisk in flour; cook 1 minute. Gradually whisk in milk and cream; cook, stirring constantly, 3 minutes or until thickened.
- ☐ Remove from heat; add a small amount of chocolate mixture to egg yolk mixture, whisking constantly. Continue adding chocolate mixture in small amounts, whisking constantly until thoroughly blended. Stir in reserved candies, vanilla, and peppermint extract.

- ☐ Beat egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form. Fold into peppermint mixture.
- ☐ Pour into prepared souffl dishes.
- ☐ Bake at 375 for 24 minutes or until puffed and slightly browned on top.
- ☐ Serve immediately with Very Vanilla Crme Anglaise.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:62.68, Glycemic Load:28.7, Inflammation Score:-7, Nutrition Score:13.735652137062%

Nutrients (% of daily need)

Calories: 654.66kcal (32.73%), Fat: 42.66g (65.63%), Saturated Fat: 25.35g (158.42%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 50.37g (18.32%), Sugar: 33.78g (37.53%), Cholesterol: 210.97mg (70.32%), Sodium: 188.35mg (8.19%), Alcohol: 1.03g (100%), Alcohol %: 0.61% (100%), Caffeine: 22.68mg (7.56%), Protein: 11.29g (22.58%), Manganese: 0.62mg (31.15%), Selenium: 20.32µg (29.03%), Copper: 0.54mg (26.8%), Vitamin B2: 0.42mg (24.43%), Vitamin A: 1191.27IU (23.83%), Iron: 4.13mg (22.93%), Phosphorus: 215.17mg (21.52%), Magnesium: 79.04mg (19.76%), Fiber: 3.29g (13.17%), Calcium: 119.77mg (11.98%), Vitamin D: 1.73µg (11.53%), Potassium: 397.81mg (11.37%), Vitamin B12: 0.65µg (10.87%), Zinc: 1.56mg (10.37%), Folate: 34.66µg (8.67%), Vitamin B5: 0.85mg (8.46%), Vitamin B1: 0.12mg (8.19%), Vitamin E: 1.2mg (7.99%), Vitamin B6: 0.1mg (4.89%), Vitamin K: 4.57µg (4.35%), Vitamin B3: 0.87mg (4.34%)