



WHATSheATE

Cauliflower Soufflé with Brown Butter

READY IN



90 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups cauliflower florets finely chopped
- ☐ 8 large egg whites
- ☐ 6 large egg yolks
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 4.5 tablespoons flour all-purpose
- ☐ 3 tablespoons parmigiano-reggiano finely grated
- ☐ 1 stick butter salted
- ☐ 0.5 stick butter unsalted
- ☐ 4 servings bell pepper white to taste

☐ 1.5 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ hand mixer

Directions

☐ Preheat oven to 400°F with rack in middle.

☐ Generously butter soufflé dish, then sprinkle with cheese, knocking out excess.

☐ Stir together cauliflower, parsley, 1/4 teaspoon salt, and white pepper to taste in a large bowl.

☐ Melt butter in a 2- to 3-quart heavy saucepan over medium heat.

☐ Whisk in flour, then cook, whisking, until pale golden, about 2 minutes.

☐ Add milk a little at a time, whisking constantly until very smooth. Bring sauce to a boil, whisking, then simmer, whisking, until quite thick, about 1 minute.

☐ Remove from heat and whisk in yolks, 1/4 teaspoon white pepper, and 1/2 teaspoon salt. Stir into cauliflower mixture.

☐ Beat whites in a bowl with an electric mixer at high speed until they just hold stiff peaks (they should not look dry). Stir a heaping spoonful of whites into yolk mixture to lighten, then gently fold in remaining whites until just combined.

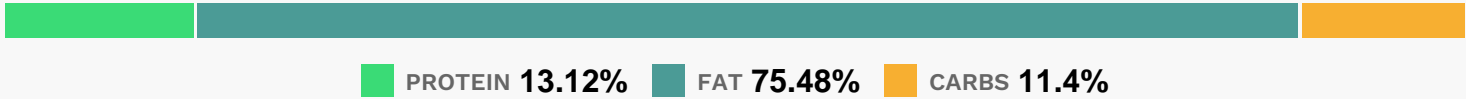
☐ Gently spoon into soufflé dish (leave at least 1 inches of space at top) and bake until golden brown and top appears set, 35 to 40 minutes.

☐ Cook butter in a small heavy saucepan over medium heat, stirring occasionally, until it turns golden with a nutlike fragrance and flecks on bottom of pan turn a rich caramel brown, about 6 minutes.

☐ Remove from heat.

☐ Serve soufflé immediately, drizzling with warm brown butter.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:6.66, Inflammation Score:-8, Nutrition Score:19.013043320697%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 535.65kcal (26.78%), Fat: 45.38g (69.81%), Saturated Fat: 26.6g (166.25%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.92g (5.06%), Sugar: 5.72g (6.36%), Cholesterol: 380.04mg (126.68%), Sodium: 411.59mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Vitamin K: 69.85µg (66.53%), Selenium: 33.6µg (48%), Vitamin A: 1920.08IU (38.4%), Vitamin B2: 0.64mg (37.89%), Phosphorus: 266.52mg (26.65%), Vitamin C: 20.47mg (24.81%), Calcium: 223.25mg (22.32%), Folate: 80.56µg (20.14%), Vitamin B12: 1.17µg (19.46%), Vitamin D: 2.61µg (17.43%), Vitamin B5: 1.55mg (15.53%), Vitamin B1: 0.19mg (12.52%), Potassium: 410.95mg (11.74%), Vitamin E: 1.75mg (11.69%), Manganese: 0.22mg (11.21%), Vitamin B6: 0.22mg (10.98%), Iron: 1.83mg (10.16%), Zinc: 1.33mg (8.86%), Magnesium: 32.23mg (8.06%), Fiber: 1.5g (6%), Vitamin B3: 0.91mg (4.55%), Copper: 0.09mg (4.37%)