



Cheddar-Garlic Portabella Soufflés

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons breadcrumbs dried fine
- ☐ 2.5 tablespoons butter
- ☐ 4 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.8 cup milk low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 4 portabella mushrooms

- ☐ 0.3 teaspoon salt
- ☐ 5 oz sharp cheddar cheese shredded

Equipment

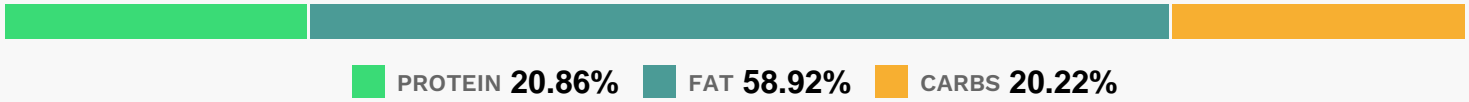
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Rinse and drain mushrooms. Trim stems off flush with caps. Trim discolored ends from stems, then finely chop stems. Set caps, cup sides up, on a 12- by 15-inch baking sheet.
- ☐ Cut 4 sheets of foil, each 12 by 16 inches. Fold each sheet lengthwise in half, then in half again. Generously butter 1 side of each foil strip and dust with bread crumbs. Tightly wrap each foil strip, crumb side in, around a mushroom cap, overlapping ends; secure with metal paper clips.
- ☐ In a 2- to 3-quart pan over medium heat, stir 2 tablespoons butter, garlic, and mushroom stems until stems are browned and limp, about 8 minutes.
- ☐ Add flour, salt, and pepper, and stir 1 minute more.
- ☐ Remove from heat and whisk in milk until mixture is smooth. Stir over high heat until boiling, about 1 minute.
- ☐ Remove from heat, add 1 cup cheese, and stir until melted.
- ☐ Add chives and egg yolks, and stir to blend.
- ☐ In a deep bowl with a mixer on high speed, whip egg whites until stiff, moist peaks form. Stir about 1/3 of the whites into cheese mixture, then gently fold cheese mixture into remaining whites just until blended.

- ☐
- Spoon mixture equally into mushroom caps.
- ☐
- Sprinkle evenly with remaining cheese.
- ☐
- Bake in a 375 oven until souffles are well browned, about 30 minutes (about 25 minutes in a convection oven). Quickly remove paper clips and pull foil free, easing away with a knife tip if necessary. With a wide spatula, transfer souffls to plates.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:4.85, Inflammation Score:-7, Nutrition Score:19.049130336098%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 379.8kcal (18.99%), Fat: 25.07g (38.56%), Saturated Fat: 10.24g (64.01%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.58g (6.39%), Sugar: 5.14g (5.71%), Cholesterol: 223.65mg (74.55%), Sodium: 611.07mg (26.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.93%), Selenium: 46.92µg (67.02%), Phosphorus: 426.08mg (42.61%), Vitamin B2: 0.63mg (37.25%), Calcium: 361.79mg (36.18%), Vitamin B3: 4.87mg (24.37%), Vitamin A: 1091.04IU (21.82%), Vitamin B5: 2.14mg (21.38%), Folate: 79.44µg (19.86%), Vitamin B12: 1.17µg (19.46%), Zinc: 2.79mg (18.6%), Copper: 0.33mg (16.59%), Vitamin B1: 0.25mg (16.47%), Vitamin B6: 0.31mg (15.66%), Potassium: 517.3mg (14.78%), Manganese: 0.27mg (13.56%), Vitamin D: 1.95µg (13.01%), Iron: 2.01mg (11.14%), Vitamin E: 1.11mg (7.37%), Fiber: 1.77g (7.09%), Magnesium: 27.68mg (6.92%), Vitamin K: 5.01µg (4.78%), Vitamin C: 1.83mg (2.21%)