



## Cheddar Sandwich Souffle

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 servings pepper black freshly ground to taste
- 2 tablespoons butter softened
- 1 egg white
- 3 egg yolks
- 6 servings ground pepper to taste
- 0.5 teaspoon ground mustard dry
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

6 slices bread whole wheat

## Equipment

bowl

baking sheet

oven

broiler

## Directions

Preheat broiler. Separate eggs and beat yolks lightly.

Add salt, mustard, black pepper, and cayenne pepper, and beat until thick and pale color. Stir in Cheddar cheese. In a separate bowl, beat egg whites until soft peaks form; fold into cheese mixture.

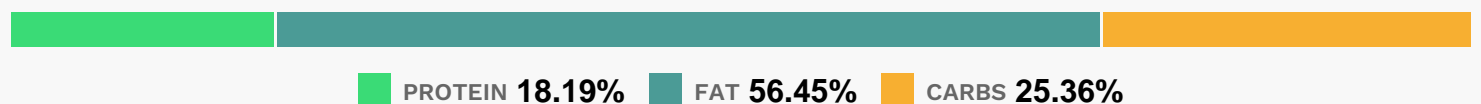
Arrange bread slices on baking sheet and toast one side in broiler.

Remove from broiler, turn bread slices, and butter untoasted side. Arrange bread slices close together on baking sheet. Spoon the egg-cheese mixture evenly over bread slices.

Bake 10 to 12 minutes in 350 degrees, or until puffed and golden.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.12, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:10.52478265244%

## Nutrients (% of daily need)

Calories: 220.46kcal (11.02%), Fat: 13.98g (21.51%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 11.86g (4.31%), Sugar: 1.6g (1.78%), Cholesterol: 126.07mg (42.02%), Sodium: 486.23mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Manganese: 0.66mg (33.13%), Selenium: 19.17µg (27.38%), Vitamin A: 1268.75IU (25.37%), Calcium: 195.84mg (19.58%), Phosphorus: 189.98mg (19%), Vitamin B2: 0.22mg (12.92%), Zinc: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.28%), Fiber: 2.27g (9.08%), Vitamin E: 1.24mg (8.26%), Folate: 31.6µg (7.9%), Magnesium: 31.57mg (7.89%), Vitamin B6: 0.16mg (7.77%), Vitamin B3: 1.44mg

(7.21%), Iron: 1.18mg (6.56%), Vitamin B12: 0.39µg (6.46%), Vitamin B5: 0.56mg (5.56%), Vitamin K: 4.8µg (4.58%),  
Copper: 0.09mg (4.38%), Potassium: 146.46mg (4.18%), Vitamin D: 0.6µg (3.99%), Vitamin C: 1.54mg (1.87%)