



## Cheese, Onion and Bread Souffle

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter plus more for the dish
- 4 eggs separated
- 1 pinch ground pepper
- 1 pinch ground nutmeg
- 1 teaspoon kosher salt
- 2 cups milk hot
- 1 small onion sliced into ¼-inch rounds

- 10 ounces sourdough bread white soft stale
- 7 ounces swiss cheese grated

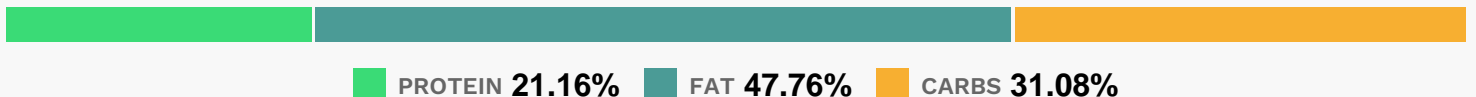
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 400 F. Butter a 2- to 2 -quart souffl or baking dish; set aside.
- Place the bread in a shallow bowl and pour the milk over it. Set aside until the liquid is absorbed. Meanwhile, melt the 2 tablespoons of butter in a medium skillet over medium-low heat.
- Add the onion and saut until tender, about 15 minutes.
- Remove from heat. Mash the bread with your hands or a spoon and stir in the onions. In a medium bowl, whisk together the egg yolks, cheese, salt, pepper, nutmeg, and cayenne.
- Pour the mixture over the bread, stirring until well combined. In a separate bowl, beat the egg whites until stiff peaks form, then gently fold them into the bread mixture in 3 additions.
- Transfer to the souffl dish and bake in oven until golden and firm, 45 to 50 minutes.
- Serve with salad greens and shredded carrots.

## Nutrition Facts



## Properties

Glycemic Index:44.56, Glycemic Load:15.57, Inflammation Score:-5, Nutrition Score:12.29173905694%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## **Nutrients (% of daily need)**

Calories: 291.38kcal (14.57%), Fat: 15.49g (23.83%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.71g (7.89%), Sugar: 5.06g (5.63%), Cholesterol: 119.75mg (39.92%), Sodium: 627.22mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Selenium: 25.6µg (36.57%), Calcium: 330.11mg (33.01%), Phosphorus: 288.54mg (28.85%), Vitamin B2: 0.41mg (24.41%), Vitamin B12: 1.28µg (21.34%), Vitamin B1: 0.3mg (20.14%), Folate: 58.05µg (14.51%), Zinc: 2.01mg (13.39%), Manganese: 0.22mg (10.97%), Vitamin A: 516.82IU (10.34%), Iron: 1.84mg (10.2%), Vitamin B3: 1.82mg (9.09%), Vitamin B5: 0.81mg (8.05%), Magnesium: 30.79mg (7.7%), Vitamin D: 1.11µg (7.41%), Vitamin B6: 0.14mg (7.06%), Potassium: 196.13mg (5.6%), Copper: 0.09mg (4.39%), Fiber: 0.97g (3.89%), Vitamin E: 0.57mg (3.81%), Vitamin K: 1.24µg (1.18%)