



## Cheese Souffle

READY IN



60 min.

SERVINGS



5

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons butter
- 5 servings butter for greasing the souffle room temperature
- 0.5 teaspoon cream of tartar
- 1 teaspoon mustard dry
- 5 egg whites plus 1 tablespoon water
- 4 large egg yolks ()
- 3 tablespoons flour
- 0.5 teaspoon garlic powder
- 0.1 teaspoon kosher salt

- 1.3 cups milk hot
- 2 tablespoons parmesan grated
- 6 ounces sharp cheddar

## Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer
- pie form

## Directions

- Watch how to make this recipe.
- Use room temperature butter to grease an 8-inch souffle mold.
- Add the grated Parmesan and roll around the mold to cover the sides. Cover with plastic wrap and place into the freezer for 5 minutes.
- Preheat oven to 375 degrees F.
- In a small saucepan, heat the butter. Allow all of the water to cook out.
- In a separate bowl combine the flour, dry mustard, garlic powder, and kosher salt.
- Whisk this mixture into the melted butter. Cook for 2 minutes.
- Whisk in the hot milk and turn the heat to high. Once the mixture reaches a boil, remove from the heat.
- In a separate bowl, beat the egg yolks to a creamy consistency. Temper the yolks into the milk mixture, constantly whisking.
- Remove from the heat and add the cheese.
- Whisk until incorporated.
- In a separate bowl, using a hand mixer, whip the egg whites and cream of tartar until glossy and firm.

- Add 1/4 of the mixture to the base. Continue to add the whites by thirds, folding very gently.
- Pour the mixture into the souffle. Fill the souffle to 1/2-inch from the top.
- Place on an aluminum pie pan.
- Bake in the oven for 35 minutes.

## Nutrition Facts

**PROTEIN 18.72%** **FAT 71.79%** **CARBS 9.49%**

### Properties

Glycemic Index:54.4, Glycemic Load:3.89, Inflammation Score:-5, Nutrition Score:11.423043410739%

### Nutrients (% of daily need)

Calories: 361.33kcal (18.07%), Fat: 28.88g (44.43%), Saturated Fat: 16.27g (101.7%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.4g (3.05%), Sugar: 3.6g (4%), Cholesterol: 218.88mg (72.96%), Sodium: 480.36mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Selenium: 27.49µg (39.28%), Calcium: 369.13mg (36.91%), Phosphorus: 305.59mg (30.56%), Vitamin B2: 0.48mg (28.13%), Vitamin A: 993IU (19.86%), Vitamin B12: 1.05µg (17.52%), Zinc: 1.97mg (13.14%), Vitamin D: 1.66µg (11.09%), Folate: 37.77µg (9.44%), Vitamin B5: 0.9mg (8.96%), Vitamin B1: 0.11mg (7.52%), Potassium: 253.43mg (7.24%), Vitamin E: 0.98mg (6.53%), Magnesium: 24.83mg (6.21%), Vitamin B6: 0.12mg (6.15%), Iron: 0.74mg (4.13%), Manganese: 0.06mg (3.07%), Vitamin B3: 0.42mg (2.09%), Copper: 0.04mg (2.06%), Vitamin K: 2.12µg (2.01%)