



Cheese Souffle

READY IN



50 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter softened
- 5 egg whites
- 4 egg yolk
- 3 tablespoons flour
- 1 cup milk hot
- 1 pinch nutmeg
- 0.3 teaspoon paprika
- 2 tablespoons parmesan finely grated
- 0.5 teaspoon salt

- 1 cup swiss cheese grated
- 0.1 teaspoon pepper white

Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 400 degrees F.
- Butter a 6-cup souffle or straight-sided baking dish with 1 1/2 tablespoons butter. Dust the interior of the dish with the Parmesan and knock out the excess.
- In a large saucepan, melt the remaining butter over medium-high heat. Stir in the flour and cook for 2 minutes, stirring constantly, until the butter and flour foam and froth.
- Remove the pan from the heat and beat in the hot milk, then simmer over medium heat and stir slowly until thick, about 1 to 2 minutes.
- Remove the pan from the heat and whisk in the seasonings, then the egg yolks, 1 by
- Whip the egg whites to stiff, shining peaks, then whisk 1/4 of them into the sauce to lighten it. Delicately fold the remaining egg whites into the sauce, alternating with the grated Swiss cheese.
- Turn the souffle mixture into the prepared dish and set in the oven. Reduce the heat to 375 degrees F and bake until the souffle has puffed 1 or 2-inches above the rim and has browned on top, about 25 to 30 minutes.
- Serve immediately.

Nutrition Facts

 **PROTEIN 20.28%**  **FAT 69.76%**  **CARBS 9.96%**

Properties

Glycemic Index:75.5, Glycemic Load:4.37, Inflammation Score:-5, Nutrition Score:12.171739247749%

Nutrients (% of daily need)

Calories: 352.67kcal (17.63%), Fat: 27.32g (42.03%), Saturated Fat: 15.45g (96.57%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.51g (3.09%), Sugar: 3.43g (3.81%), Cholesterol: 258.63mg (86.21%), Sodium: 565.02mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.75%), Selenium: 29.49µg (42.13%), Calcium: 376.07mg (37.61%), Phosphorus: 320.23mg (32.02%), Vitamin B2: 0.47mg (27.54%), Vitamin B12: 1.58µg (26.39%), Vitamin A: 1013.69IU (20.27%), Zinc: 1.99mg (13.25%), Vitamin D: 1.66µg (11.04%), Folate: 41.36µg (10.34%), Vitamin B5: 1.01mg (10.07%), Vitamin B1: 0.12mg (7.83%), Vitamin E: 1.03mg (6.85%), Vitamin B6: 0.13mg (6.46%), Magnesium: 24.62mg (6.15%), Potassium: 206.92mg (5.91%), Iron: 0.89mg (4.92%), Manganese: 0.07mg (3.47%), Copper: 0.05mg (2.45%), Vitamin B3: 0.48mg (2.42%), Vitamin K: 1.83µg (1.74%), Fiber: 0.26g (1.06%)