



Cheese Souffle from Egg Farmers of Ontario

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup cheddar cheese grated
- ☐ 3 egg whites beaten
- ☐ 3 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 1 Dash pepper
- ☐ 0.3 teaspoon salt

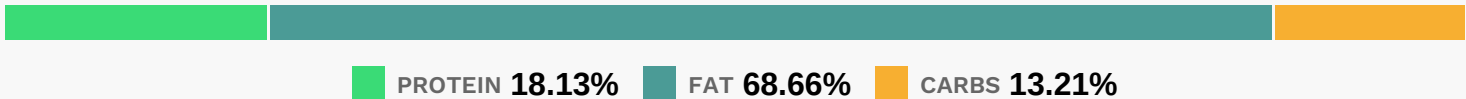
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Melt butter in a 4-cup measuring cup or a medium bowl in the microwave. Stir in flour, salt and pepper.
- ☐ Whisk in milk, then cheese, until combined. Cook in microwave for 2 minutes on High; stir. Cook for another 1-1/2 to 2 minutes until mixture becomes a smooth, thickened sauce.
- ☐ Whisk egg yolks until blended.
- ☐ Add a little of the sauce to the yolks; stir thoroughly. Stir yolk mixture back into the sauce.
- ☐ Beat egg whites until stiff. Fold egg yolk/sauce mixture gently into beaten egg whites just until combined. (
- ☐ Mixture does not have to be completely blended.)
- ☐ Spoon or pour into four lightly greased 1-cup straight-sided ramekins or souffle dishes.
- ☐ Bake in a preheated 325 degrees F (160 degrees C) oven until puffed and golden brown, about 20 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.58, Inflammation Score:-6, Nutrition Score:10.173913086157%

Nutrients (% of daily need)

Calories: 311.03kcal (15.55%), Fat: 23.7g (36.47%), Saturated Fat: 9.61g (60.09%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 10.04g (3.65%), Sugar: 3.28g (3.65%), Cholesterol: 181.37mg (60.46%), Sodium: 496.28mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.17%), Selenium: 23.86µg (34.09%), Calcium: 298.27mg (29.83%), Phosphorus: 257.91mg (25.79%), Vitamin B2: 0.42mg (24.78%), Vitamin A: 952.28IU (19.05%), Vitamin B12: 0.92µg (15.38%), Zinc: 1.66mg (11.06%), Vitamin D: 1.57µg (10.46%), Folate: 40.95µg (10.24%), Vitamin B1: 0.13mg (8.63%), Vitamin B5: 0.83mg (8.34%), Vitamin E: 0.92mg (6.14%), Vitamin B6: 0.11mg (5.48%), Potassium: 177.77mg (5.08%), Magnesium: 20.18mg (5.04%), Iron: 0.8mg (4.43%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.57mg (2.85%), Copper: 0.04mg (1.86%)