



## Cheese Soufflé with Fresh Corn

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 ounces cheddar cheese extra-sharp reduced-fat
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature ( )
- ☐ 2 large egg yolks
- ☐ 0.5 cup curd cottage cheese fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups corn kernels fresh ( 3 ears)
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup skim milk

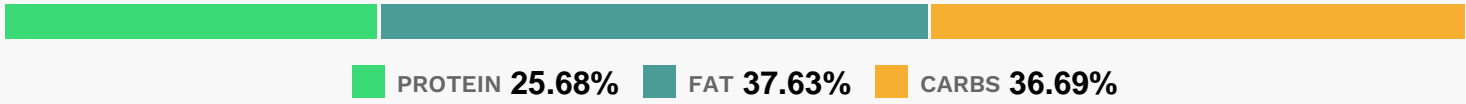
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

## Directions

- ☐ Preheat oven to 40
- ☐ Place first 8 ingredients in a food processor; process until blended, scraping sides of processor bowl once.
- ☐ Add cheddar cheese; pulse 2 times or until well-blended. Spoon corn mixture into a large bowl.
- ☐ Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form. Gently fold one-fourth of egg white mixture into corn mixture; gently fold in remaining egg white mixture.
- ☐ Pour mixture into a 2 1/2 quart souffle dish coated with cooking spray.
- ☐ Place souffle in a 400 oven; immediately reduce oven temperature to 375, and bake 45 minutes or until puffy and golden.

## Nutrition Facts



## Properties

Glycemic Index:39.54, Glycemic Load:6.56, Inflammation Score:-4, Nutrition Score:9.4060869916626%

## Nutrients (% of daily need)

Calories: 204.46kcal (10.22%), Fat: 8.67g (13.34%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.99g (6.54%), Sugar: 4.98g (5.53%), Cholesterol: 82.64mg (27.55%), Sodium: 449.24mg

(19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.63%), Selenium: 19.27µg (27.52%), Phosphorus: 235.29mg (23.53%), Vitamin B2: 0.38mg (22.24%), Calcium: 215.19mg (21.52%), Folate: 50.04µg (12.51%), Vitamin B1: 0.18mg (12.13%), Vitamin B12: 0.65µg (10.9%), Vitamin A: 458.4IU (9.17%), Zinc: 1.35mg (8.98%), Potassium: 302.72mg (8.65%), Vitamin B5: 0.82mg (8.25%), Magnesium: 30.69mg (7.67%), Manganese: 0.15mg (7.34%), Vitamin B3: 1.37mg (6.87%), Vitamin D: 0.87µg (5.79%), Iron: 0.92mg (5.12%), Vitamin B6: 0.1mg (5.05%), Fiber: 1.04g (4.15%), Vitamin C: 2.53mg (3.07%), Copper: 0.06mg (2.9%), Vitamin E: 0.35mg (2.31%)