



Cheese Soufflés with Herb Salad

READY IN



65 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons wine dry white
- ☐ 4 large egg whites
- ☐ 2 large egg yolk
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup gruyere cheese shredded

- ☐ 4 cups flat parsley mixed italian (such as parsley, mint, dill, cilantro, tarragon, chives, and basil)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 8 teaspoons parmesan finely grated
- ☐ 2 teaspoons butter unsalted softened
- ☐ 4 teaspoons balsamic vinegar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

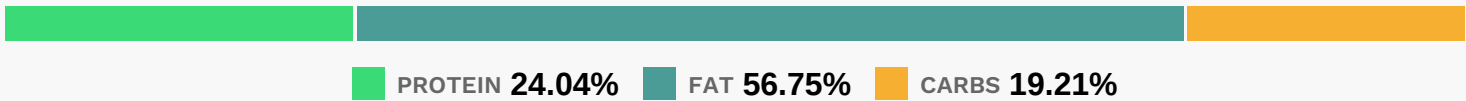
Directions

- ☐ Preheat oven to 40
- ☐ To prepare souffls, coat each of 4 (1-cup) souffl dishes evenly with 1/2 teaspoon butter.
- ☐ Sprinkle each souffl dish with 2 teaspoons Parmigiano-Reggiano cheese, tilting to coat sides and bottom.
- ☐ Combine flour and the next 3 ingredients (through black pepper) in a small saucepan over medium heat. Gradually add milk and white wine, stirring with a whisk until smooth. Cook for 4 minutes or until mixture is thick and bubbly, stirring constantly.
- ☐ Remove from heat.
- ☐ Add salt and Gruyre cheese; stir until cheese melts. Spoon the mixture into a large bowl, and let stand for 5 minutes. Stir in egg yolks.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until medium peaks form (do not overbeat). Gently stir one quarter of egg whites into yolk mixture; gently fold in the

remaining egg whites. Gently spoon mixture into prepared dishes.

- ☐ Place dishes on a baking sheet, and place in 400 oven. Immediately reduce oven temperature to 37
- ☐ Bake souffls at 375 for 17 minutes or until puffy and golden.
- ☐ To prepare salad, combine olive oil, vinegar, salt, and black pepper in a large bowl, stirring well with a whisk.
- ☐ Add arugula and herbs; toss to coat.
- ☐ Serve with souffls.

Nutrition Facts



Properties

Glycemic Index:99.25, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:25.897391422935%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 129.28mg, Apigenin: 129.28mg, Apigenin: 129.28mg, Apigenin: 129.28mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg Myricetin: 8.9mg, Myricetin: 8.9mg, Myricetin: 8.9mg, Myricetin: 8.9mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 241.7kcal (12.08%), Fat: 15.15g (23.31%), Saturated Fat: 6.39g (39.92%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 9.04g (3.29%), Sugar: 3.6g (4%), Cholesterol: 118.16mg (39.39%), Sodium: 406.6mg (17.68%), Alcohol: 0.77g (100%), Alcohol %: 0.5% (100%), Protein: 14.44g (28.88%), Vitamin K: 1009.35µg (961.29%), Vitamin A: 5971IU (119.42%), Vitamin C: 82.85mg (100.42%), Calcium: 360.07mg (36.01%), Folate: 135.58µg (33.9%), Iron: 4.64mg (25.77%), Selenium: 16.58µg (23.69%), Phosphorus: 235.96mg (23.6%), Vitamin B2: 0.39mg (22.69%), Potassium: 551.94mg (15.77%), Magnesium: 56.78mg (14.19%), Manganese: 0.25mg (12.37%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.67µg (11.13%), Fiber: 2.5g (10.02%), Vitamin E: 1.47mg (9.79%), Vitamin B1: 0.14mg (9.47%), Vitamin B5: 0.88mg (8.82%), Vitamin B6: 0.14mg (7.05%), Copper: 0.14mg (6.86%), Vitamin D: 0.93µg (6.2%), Vitamin B3: 1.23mg (6.17%)