



Cheeseboard soufflé & seasonal salad

READY IN



60 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 50 g butter for greasing
- ☐ 25 g flour plain for dusting
- ☐ 200 ml milk
- ☐ 300 g cheese hard leftover cut into chunks
- ☐ 100 ml crème fraîche
- ☐ 4 eggs separated
- ☐ 4 servings nutmeg
- ☐ 1 pinch ground pepper
- ☐ 110 g baby lettuce

- ☐ 100 g goat cheese blue leftover crumbled
- ☐ 50 g pinenuts leftover shelled
- ☐ 1 pears sliced
- ☐ 3 tbsp salad dressing (use your favourite)

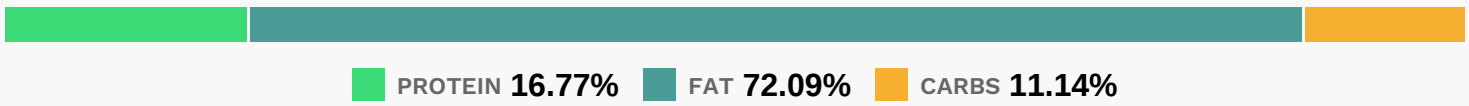
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Melt all the butter in a saucepan.
- ☐ Brush a 20cm souffl dish with a little of it, then dust with flour. In the saucepan, stir the flour into the rest of the melted butter, then sizzle everything for 1 min. Gradually pour in the milk to make a white sauce, then add two-thirds of the cheese and carry on cooking to melt. Leave to cool slightly, then mix in the remaining cheese, the cream or crme frache and the egg yolks. Season, then add the nutmeg and cayenne pepper.
- ☐ In a clean bowl, whisk the egg whites until stiff. Fold into the cheese sauce, then carefully tip into the souffl dish.
- ☐ Bake the souffl for 25 mins until puffed up and golden.
- ☐ While the souffl is cooking, toss the salad ingredients together. Once the souffl is cooked, dress the salad and serve alongside.

Nutrition Facts



Properties

Glycemic Index:82.19, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:30.02782616408%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 777.01kcal (38.85%), Fat: 63.23g (97.27%), Saturated Fat: 30.74g (192.14%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.19g (6.98%), Sugar: 10.73g (11.92%), Cholesterol: 297.58mg (99.19%), Sodium: 870.81mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.19%), Vitamin A: 3862.21IU (77.24%), Calcium: 702.86mg (70.29%), Manganese: 1.34mg (67.22%), Phosphorus: 666.1mg (66.61%), Selenium: 40.11µg (57.3%), Vitamin K: 53.33µg (50.79%), Vitamin B2: 0.84mg (49.25%), Zinc: 4.85mg (32.32%), Vitamin B12: 1.58µg (26.41%), Copper: 0.49mg (24.28%), Magnesium: 82.09mg (20.52%), Vitamin E: 3.01mg (20.07%), Folate: 72.06µg (18.02%), Vitamin B5: 1.57mg (15.67%), Iron: 2.77mg (15.41%), Vitamin B6: 0.29mg (14.69%), Vitamin B1: 0.22mg (14.64%), Vitamin D: 2µg (13.31%), Potassium: 438.75mg (12.54%), Fiber: 2.79g (11.16%), Vitamin B3: 1.4mg (6.98%), Vitamin C: 4.89mg (5.92%)