



Chicken and Cheddar Souffle

READY IN



70 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves packed
- ☐ 6 egg whites at room temperature
- ☐ 6 egg yolks lightly beaten at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups mild cheddar shredded
- ☐ 0.5 cup parmesan grated
- ☐ 1 rotisserie chicken cut store-bought cut into 1/2-inch cubes 2 cups

- ☐ 6 servings butter) unsalted for greasing the souffle dish, plus 1/2 stick 4 tablespoons at room temperature
- ☐ 2 slices bread white country-style cut into 1/2-inch cubes 1/
- ☐ 1.5 cups milk whole at room temperature

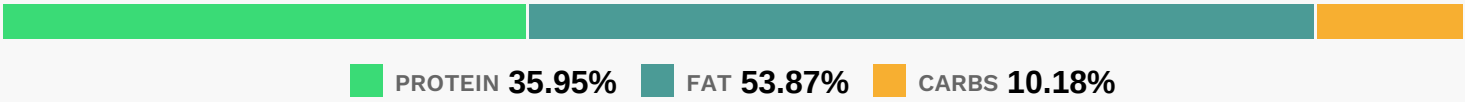
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Special equipment: a 2-quart (8-cups) souffle dish
- ☐ Arrange an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Butter the bottom and sides of a 2-quart souffle dish. Set aside.
- ☐ In a medium saucepan, heat 1/2 stick of butter over medium-low heat.
- ☐ Add the flour and cook, stirring constantly, for 2 minutes. Slowly whisk in the milk until the mixture is smooth and creamy. Bring the mixture to a simmer and cook, stirring constantly, until the mixture coats the back of a spoon, about 8 to 10 minutes. Stir in the nutmeg and season with salt and pepper, to taste.
- ☐ Remove the pan from the heat and add the cheeses, the spinach, chicken, egg yolks, and bread cubes. Stir until combined (mixture will be thick).
- ☐ In a large bowl, using an electric mixer, beat the egg whites at high speed until they hold stiff peaks, about 2 minutes. Stir 1/4 of the egg whites into the chicken mixture. Using a spatula, fold in the remaining egg whites. Spoon the batter into the prepared dish and bake until the souffle is puffed and the top is firm and golden, about 55 to 60 minutes.
- ☐ Remove from the oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.63, Glycemic Load:7.23, Inflammation Score:-8, Nutrition Score:16.744348049164%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 522.82kcal (26.14%), Fat: 31.21g (48.01%), Saturated Fat: 14.51g (90.69%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.66g (4.6%), Sugar: 3.98g (4.42%), Cholesterol: 342.39mg (114.13%), Sodium: 795.23mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.87g (93.73%), Vitamin K: 49.97µg (47.59%), Selenium: 30.97µg (44.24%), Calcium: 428.96mg (42.9%), Vitamin A: 1769.98IU (35.4%), Phosphorus: 345.18mg (34.52%), Vitamin B2: 0.53mg (31.16%), Vitamin B12: 1.12µg (18.59%), Folate: 72.47µg (18.12%), Zinc: 2.11mg (14.07%), Vitamin D: 1.93µg (12.86%), Vitamin B1: 0.17mg (11.36%), Manganese: 0.21mg (10.62%), Vitamin B5: 1.06mg (10.58%), Magnesium: 34.69mg (8.67%), Iron: 1.44mg (7.99%), Vitamin B6: 0.16mg (7.95%), Potassium: 263.67mg (7.53%), Vitamin E: 1.07mg (7.11%), Vitamin B3: 0.92mg (4.6%), Vitamin C: 2.82mg (3.41%), Copper: 0.07mg (3.4%), Fiber: 0.61g (2.45%)