



Chilled Chocolate-Banana Soufflé

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup banana ripe mashed
- ☐ 1 tablespoon rum dark
- ☐ 6 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon butter melted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

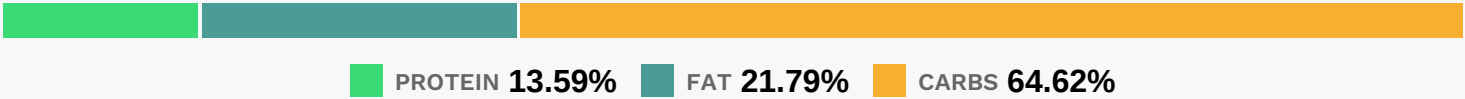
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Coat a 2-quart souffl dish with cooking spray; sprinkle with 2 teaspoons sugar. Set aside.
- ☐ Combine 1/2 cup sugar, flour, and cocoa in a medium saucepan; gradually add milk, stirring with a whisk until blended. Cook over medium heat 5 minutes or until thick and bubbly, stirring constantly with a whisk.
- ☐ Beat yolks in a large bowl with a whisk. Gradually add chocolate mixture to yolks, stirring constantly with a whisk. Stir in banana, margarine, rum, and vanilla. Set aside.
- ☐ Beat egg whites and salt at high speed of a mixer until foamy. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon into prepared souffl dish.
- ☐ Place souffl dish in a 9-inch square baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 55 minutes or until puffy and set.
- ☐ Remove from water; let cool to room temperature. Cover and chill 8 hours. Top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:14.71, Inflammation Score:-2, Nutrition Score:4.4865217286607%

Flavonoids

Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 158.46kcal (7.92%), Fat: 3.85g (5.92%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 24.64g (8.96%), Sugar: 20.49g (22.76%), Cholesterol: 47.47mg (15.82%), Sodium: 147.97mg (6.43%), Alcohol: 0.8g (100%), Alcohol %: 1.02% (100%), Caffeine: 4.31mg (1.44%), Protein: 5.4g (10.8%), Selenium: 9.85µg (14.07%), Vitamin B2: 0.21mg (12.45%), Phosphorus: 74.69mg (7.47%), Manganese: 0.13mg (6.61%), Calcium: 51.96mg (5.2%), Vitamin B12: 0.3µg (4.94%), Magnesium: 19.66mg (4.92%), Copper: 0.1mg (4.78%), Potassium: 164.71mg (4.71%), Folate: 17.57µg (4.39%), Fiber: 1.04g (4.17%), Vitamin B1: 0.06mg (4.11%), Vitamin A: 191.17IU (3.82%), Vitamin D: 0.55µg (3.69%), Vitamin B6: 0.07mg (3.67%), Iron: 0.62mg (3.43%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.41mg (2.73%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.21mg (1.38%)