



## Chilled Lemon Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



344 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 2 envelopes gelatin powder unflavored
- 1 slices garnish: lemon
- 0.8 cup juice of lemon
- 1 tablespoon lemon rind grated
- 0.3 cup meringue powder
- 2 ounce slivered almonds toasted chopped
- 1 teaspoon sugar

- 1.5 cups sugar
- 2 tablespoons sugar
- 0.5 cup water cold
- 1 cup water
- 2 cups whipping cream

## Equipment

- bowl
- sauce pan
- hand mixer
- wax paper

## Directions

- Cut a piece of wax paper long enough to fit around a 2-quart souffl dish, allowing a 1-inch overlap; fold paper lengthwise into thirds. Lightly butter one side of paper and souffl dish. Wrap paper around outside of dish, buttered side against dish, allowing it to extend 3 inches above rim; secure with cellophane or masking tape.
- Sprinkle sides of dish with 2 tablespoons sugar.
- Sprinkle gelatin over cold water in a saucepan; let stand 1 minute.
- Add 1 teaspoon sugar; cook over low heat, stirring until gelatin dissolves. Stir in lemon rind and juice. Set aside.
- Beat meringue powder, 1 cup sugar, and water in a large bowl at high speed with an electric mixer 5 minutes. Gradually add remaining 1/2 cup sugar, and beat at high speed 5 minutes or until stiff peaks form. Fold in gelatin mixture.
- Beat whipping cream until soft peaks form. Fold into gelatin mixture.
- Pour into prepared dish, and chill 8 hours.
- Remove collar, and pat chopped almonds around sides.
- NOTE: We used Wilton Meringue powder in this souffl. Look for it in the cake-decorating section of crafts stores or at Wal-Mart

## Nutrition Facts



■ PROTEIN 4.24% ■ FAT 52.87% ■ CARBS 42.89%

## Properties

Glycemic Index:33.78, Glycemic Load:24.96, Inflammation Score:-5, Nutrition Score:7.6473913918371%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 344.4kcal (17.22%), Fat: 21.29g (32.76%), Saturated Fat: 11.41g (71.29%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 38g (13.82%), Sugar: 34.87g (38.75%), Cholesterol: 53.79mg (17.93%), Sodium: 867.13mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Calcium: 514.73mg (51.47%), Phosphorus: 230.18mg (23.02%), Vitamin A: 751.41IU (15.03%), Vitamin E: 1.96mg (13.09%), Vitamin C: 8.52mg (10.32%), Vitamin B2: 0.17mg (9.85%), Manganese: 0.14mg (6.8%), Iron: 1.18mg (6.57%), Magnesium: 22.72mg (5.68%), Copper: 0.11mg (5.32%), Vitamin D: 0.76µg (5.08%), Selenium: 2.45µg (3.5%), Fiber: 0.86g (3.45%), Potassium: 110.6mg (3.16%), Folate: 8.65µg (2.16%), Zinc: 0.31mg (2.08%), Vitamin B1: 0.03mg (1.78%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.73%), Vitamin K: 1.52µg (1.45%), Vitamin B12: 0.08µg (1.29%), Vitamin B3: 0.26mg (1.28%)