



Chocolate-Amaretto Souffles

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 6 tablespoons amaretti cookies italian crushed (macaroons)
- ☐ 3 tablespoons amaretto
- ☐ 5 large egg whites
- ☐ 3 large egg yolk
- ☐ 6 servings powdered sugar
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

- ☐ 1 cup whipping cream chilled

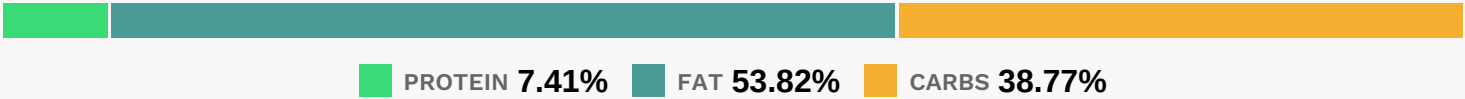
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Butter six 3/4-cup soufflé dishes; dust with sugar.
- ☐ Place on baking sheet.
- ☐ Whisk 1/2 cup cream and 1 tablespoon amaretto in medium bowl to soft peaks. Refrigerate whipped cream.
- ☐ Stir 1/2 cup cream and chocolate in medium bowl set over saucepan of simmering water until melted and smooth.
- ☐ Remove from over water.
- ☐ Whisk in yolks 1 at a time, blending well after each addition.
- ☐ Whisk in 2 tablespoons amaretto and both extracts. Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually add 3 tablespoons sugar, beating until stiff but not dry. Fold whites into chocolate mixture in 2 additions. Spoon enough batter into each soufflé dish to fill dish halfway.
- ☐ Sprinkle each with 1/2 tablespoon amaretti cookies. Top with remaining soufflé batter.
- ☐ Sprinkle each with 1/2 tablespoon amaretti cookies.
- ☐ Bake soufflés until puffed and set, about 13 minutes. Dust each with powdered sugar. Accompany soufflés with whipped cream.
- ☐ Serve immediately.
- ☐ *Available at Italian markets and some supermarkets nationwide.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.19, Inflammation Score:-5, Nutrition Score:8.4821739417055%

Nutrients (% of daily need)

Calories: 481.55kcal (24.08%), Fat: 28.3g (43.54%), Saturated Fat: 16.28g (101.78%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 43.07g (15.66%), Sugar: 38.96g (43.28%), Cholesterol: 138.32mg (46.11%), Sodium: 105.54mg (4.59%), Alcohol: 2.12g (100%), Alcohol %: 1.91% (100%), Caffeine: 26.33mg (8.78%), Protein: 8.77g (17.54%), Selenium: 13.94µg (19.91%), Manganese: 0.39mg (19.34%), Copper: 0.38mg (18.77%), Vitamin B2: 0.26mg (15.18%), Vitamin A: 719.84IU (14.4%), Magnesium: 56.41mg (14.1%), Phosphorus: 134.47mg (13.45%), Iron: 2.28mg (12.69%), Fiber: 2.79g (11.14%), Potassium: 255.79mg (7.31%), Vitamin D: 1.09µg (7.29%), Zinc: 1.05mg (7.03%), Calcium: 56.92mg (5.69%), Vitamin B12: 0.31µg (5.08%), Vitamin E: 0.75mg (5.01%), Vitamin B5: 0.49mg (4.93%), Folate: 15.1µg (3.77%), Vitamin K: 3.37µg (3.21%), Vitamin B6: 0.05mg (2.74%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.31mg (1.53%)