



Chocolate Mint Souffles

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cocoa powder
- 2 servings powdered sugar
- 1 teaspoon cornstarch
- 2 eggs best®
- 0.3 cup skim milk fat-free
- 0.1 teaspoon peppermint extract
- 2 tablespoons semi chocolate chips
- 1 teaspoon sugar divided

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- ramekin
- spatula

Directions

- Separate eggs.
- Place whites in a small bowl; let stand at room temperature for 30 minutes.
- Place yolks in another bowl; set aside.
- Coat two 10-oz. ramekins or custard cups with cooking spray and lightly sprinkle with 1 teaspoon sugar; place on a baking sheet and set aside.
- In a small saucepan over medium heat, combine 2 tablespoons sugar, cocoa, cornstarch and salt. Gradually stir in milk. Bring to a boil, stirring constantly. Cook and stir for 1-2 minutes or until thickened.
- Remove from the heat; stir in chocolate chips and extract until chips are melted.
- Transfer to a small bowl. Stir a small amount of hot mixture into egg yolks; return all to the bowl, stirring constantly. Cool slightly.
- Beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. With a spatula, fold a fourth of the egg whites into chocolate mixture until no white streaks remain. Fold in remaining egg whites until combined.
- Transfer to prepared ramekins.
- Bake at 375° for 18-22 minutes or until tops are puffed and centers are almost set.
- Sprinkle with confectioners' sugar.
- Serve immediately.

Nutrition Facts



■ PROTEIN 15.57% ■ FAT 42.2% ■ CARBS 42.23%

Properties

Glycemic Index:51.67, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:9.8317391198614%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 218.4kcal (10.92%), Fat: 10.66g (16.39%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 20.93g (7.61%), Sugar: 17.67g (19.63%), Cholesterol: 165.8mg (55.27%), Sodium: 82.06mg (3.57%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 24.4mg (8.13%), Protein: 8.85g (17.69%), Selenium: 16.39µg (23.41%), Phosphorus: 206.66mg (20.67%), Copper: 0.41mg (20.53%), Manganese: 0.41mg (20.28%), Vitamin B2: 0.28mg (16.24%), Magnesium: 61.59mg (15.4%), Iron: 2.42mg (13.47%), Fiber: 3.06g (12.24%), Vitamin B12: 0.66µg (10.92%), Zinc: 1.49mg (9.94%), Calcium: 94.39mg (9.44%), Vitamin D: 1.33µg (8.86%), Vitamin B5: 0.88mg (8.78%), Potassium: 290.56mg (8.3%), Vitamin A: 328.4IU (6.57%), Folate: 23.1µg (5.77%), Vitamin B6: 0.11mg (5.48%), Vitamin E: 0.56mg (3.7%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.32mg (1.58%), Vitamin K: 1.34µg (1.27%)