



## Chocolate Orange Liqueur Souffle with Chocolate Sauce

READY IN



105 min.

SERVINGS



10

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 ounce bittersweet chocolate
- 3 ounce bittersweet chocolate melted
- 0.3 cup butter ()
- 6 tablespoons butter divided ()
- 7 egg whites
- 5 egg yolks lightly beaten
- 5 tablespoons flour all-purpose
- 1 cup milk

- 1 tablespoons orange liqueur (recommended: Grand Marnier)
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 2 ounce bittersweet chocolate melted
- 0.5 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup whipping cream

## Equipment

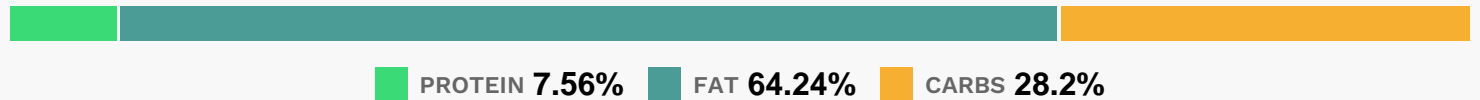
- bowl
- sauce pan
- oven
- whisk
- double boiler
- baking pan
- microwave

## Directions

- Preheat oven to 350 degrees F.
- Coat the bottom and sides of a 2 1/2 quart souffle dish with 2 tablespoons butter, sprinkle bottom and sides evenly with 1/2 cup sugar. Tap out excess sugar; reserve sugar for later use.
- In a medium saucepan, melt the remaining 4 tablespoons butter. Stir in flour and cook, stirring occasionally, until mixture begins to bubble.
- Add milk, orange liqueur, melted chocolates, and salt. Cook over medium-low heat until mixture thickens, stirring occasionally.
- Remove from heat and allow mixture to cool for 10 minutes.
- Whisk in beaten egg yolks and vanilla.
- In a large bowl, beat egg whites until foamy. Gradually add reserved sugar, beating until stiff. Fold whites into chocolate mixture. Gently spoon mixture into prepared souffle dish.

- Place souffle dish in a baking pan. Fill pan with 1-inch warm water.
- Bake for 55 minutes.
- Serve immediately with Chocolate Sauce.
- Melt butter and chocolate in the microwave or in a double boiler.
- Add cocoa, sugar, cream, and salt. Bring to a boil.
- Remove from heat and add vanilla and orange liqueur.

## Nutrition Facts



### Properties

Glycemic Index:28.31, Glycemic Load:9.49, Inflammation Score:-5, Nutrition Score:8.114782617144%

### Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

### Nutrients (% of daily need)

Calories: 357.23kcal (17.86%), Fat: 25.8g (39.69%), Saturated Fat: 15.21g (95.08%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 23.22g (8.44%), Sugar: 18.53g (20.59%), Cholesterol: 144.86mg (48.29%), Sodium: 231.86mg (10.08%), Alcohol: 0.53g (100%), Alcohol %: 0.58% (100%), Caffeine: 19.96mg (6.65%), Protein: 6.83g (13.66%), Selenium: 13.27µg (18.96%), Manganese: 0.34mg (17.18%), Copper: 0.31mg (15.71%), Vitamin A: 704.48IU (14.09%), Vitamin B2: 0.23mg (13.83%), Phosphorus: 137.34mg (13.73%), Magnesium: 48.39mg (12.1%), Iron: 1.83mg (10.18%), Fiber: 2.26g (9.03%), Calcium: 68.4mg (6.84%), Vitamin B12: 0.4µg (6.66%), Potassium: 229.72mg (6.56%), Zinc: 0.98mg (6.53%), Vitamin D: 0.94µg (6.3%), Folate: 22.43µg (5.61%), Vitamin E: 0.79mg (5.23%), Vitamin B5: 0.52mg (5.19%), Vitamin B1: 0.07mg (4.67%), Vitamin B6: 0.06mg (3.1%), Vitamin K: 2.79µg (2.66%), Vitamin B3: 0.48mg (2.39%)