

Chocolate Soufflé



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 5 oz bittersweet chocolate unsweetened chopped (not)
- ☐ 6 large egg whites
- ☐ 3 large egg yolk at room temperature
- ☐ 4 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.3 cup sugar for sprinkling

Equipment

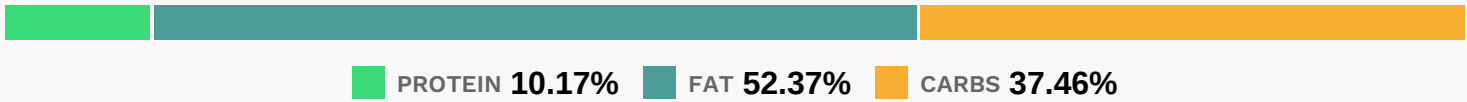
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375°F. Generously butter soufflé dish and sprinkle with sugar, knocking out excess.
- ☐ Melt chocolate in a metal bowl set over a saucepan of barely simmering water, stirring occasionally until smooth.
- ☐ Remove bowl from heat and stir in yolks (mixture will stiffen).
- ☐ Beat whites with a pinch of salt in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
- ☐ Add 1/3 cup sugar, a little at a time, continuing to beat at medium speed, then beat at high speed until whites just hold stiff peaks. Stir about 1 cup whites into chocolate mixture to lighten, then add mixture to remaining whites, folding gently but thoroughly.
- ☐ Spoon into soufflé dish and run the end of your thumb around inside edge of soufflé dish (this will help soufflé rise evenly).
- ☐ Bake in middle of oven until puffed and crusted on top but still jiggly in center, 24 to 26 minutes.
- ☐ Serve immediately.
- ☐ •Soufflé can be assembled up to 30 minutes before baking. Keep, covered with an inverted large bowl (do not let bowl touch soufflé), at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:9.4482609130766%

Nutrients (% of daily need)

Calories: 387.89kcal (19.39%), Fat: 22.64g (34.83%), Saturated Fat: 12.47g (77.97%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 33.61g (12.22%), Sugar: 31.15g (34.61%), Cholesterol: 160.38mg (53.46%), Sodium: 97.7mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 9.89g (19.78%), Selenium: 20.12µg (28.74%), Manganese: 0.48mg (24.13%), Copper: 0.46mg (23.23%), Vitamin B2: 0.31mg (17.95%),

Magnesium: 68.45mg (17.11%), Phosphorus: 149.29mg (14.93%), Iron: 2.64mg (14.64%), Fiber: 2.84g (11.34%), Potassium: 295.84mg (8.45%), Vitamin A: 419.07IU (8.38%), Zinc: 1.25mg (8.33%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.58mg (5.82%), Calcium: 52.55mg (5.26%), Folate: 20.59µg (5.15%), Vitamin D: 0.69µg (4.59%), Vitamin E: 0.54mg (3.59%), Vitamin B6: 0.06mg (2.96%), Vitamin K: 2.64µg (2.51%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.35mg (1.76%)