

Chocolate Soufflé



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 8.9 ounces egg whites (from approximately 8 eggs)
- ☐ 1.8 ounces chocolate 71% chopped
- ☐ 1.2 ounces milk
- ☐ 1.7 ounces cocoa powder
- ☐ 3.5 ounces water
- ☐ 1.2 ounces cup heavy whipping cream
- ☐ 3 tablespoons butter softened for greasing
- ☐ 1.8 ounces baker's chocolate unsweetened chopped

- ☐ 3.5 ounces granulated sugar
- ☐ 3 tablespoons granulated sugar for coating ramekins
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ stand mixer
- ☐ stove
- ☐ spatula
- ☐ offset spatula

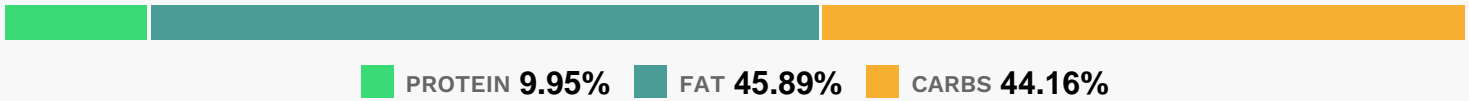
Directions

- ☐ Preheat the oven to 390°F with the convection fan turned off. Liberally butter four ramekins, making sure to butter right to the edge of the ramekin. Sugar the buttered insides evenly, tapping out the excess and set the ramekins aside.
- ☐ Place the chopped chocolates in a large bowl.
- ☐ Combine the milk and cream and bring to a boil. Immediately remove the liquid and pour over the chopped chocolate. Allow it to stand for a few minutes, then stir with a rubber spatula until smooth.
- ☐ Set a pot with a few inches of water on the stove over medium heat.
- ☐ Place the bowl of melted chocolate over it.
- ☐ Add the water and cocoa powder and stir frequently, until the mixture becomes thick, glossy, and smooth, about 5 minutes. Turn off the heat and remove the bowl from the pot, but place it back on top of the hot water if necessary. The goal is to hold the mixture so it is warm, not hot.
- ☐ In the bowl of a stand mixer, beat the egg whites on high using a whisk attachment until they begin to get foamy. Slow the mixer speed and add the sugar and salt gradually, then return to

high speed and whisk the egg white mixture to firm, glossy, smooth peaks.

- ☐ Sacrifice about 1/4 of the meringue by mixing it thoroughly with the chocolate mixture to lighten it. Then fold in the remaining meringue, taking care not to deflate. As soon as there are no more white streaks, pipe the mixture into the prepared ramekins just to the top, then smooth the tops with an offset spatula.
- ☐ Place the ramekins on a sheet tray and bake in the center of the oven for 12 minutes for a souffle that is wet on the inside, 13–14 for one that is more dry.
- ☐ Serve immediately.
- ☐ You may also choose to prepare the souffles in advance. If this is the case, wrap each ramekin with plastic and set in the fridge up to one day in advance. When ready, preheat the oven and bake the souffles for 15 minutes, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.7, Glycemic Load:26.65, Inflammation Score:-7, Nutrition Score:13.552174031572%

Flavonoids

Catechin: 15.79mg, Catechin: 15.79mg, Catechin: 15.79mg, Catechin: 15.79mg Epicatechin: 41.26mg, Epicatechin: 41.26mg, Epicatechin: 41.26mg, Epicatechin: 41.26mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 424.75kcal (21.24%), Fat: 24.45g (37.62%), Saturated Fat: 14.99g (93.67%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 45.75g (16.63%), Sugar: 41.56g (46.18%), Cholesterol: 33.21mg (11.07%), Sodium: 477.51mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 45.82mg (15.27%), Protein: 11.93g (23.86%), Manganese: 1.05mg (52.49%), Copper: 0.95mg (47.55%), Magnesium: 123.72mg (30.93%), Fiber: 7.2g (28.8%), Iron: 4.26mg (23.64%), Selenium: 16.42µg (23.45%), Vitamin B2: 0.39mg (22.7%), Phosphorus: 181.78mg (18.18%), Zinc: 2.29mg (15.27%), Potassium: 448.96mg (12.83%), Vitamin A: 401.19IU (8.02%), Calcium: 55.2mg (5.52%), Vitamin K: 3.32µg (3.16%), Vitamin B3: 0.6mg (2.99%), Vitamin E: 0.42mg (2.8%), Folate: 10.88µg (2.72%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.03mg (1.73%), Vitamin D: 0.23µg (1.53%)