



## Chocolate Souffles

 Vegetarian  Gluten Free  Low Fod Map

READY IN



42 min.

SERVINGS



6

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter plus more for coating ramekins
- 8 ounces chocolate dark chopped
- 7 eggs separated
- 0.3 cup granulated sugar plus more for coating ramekins
- 1 pinch salt
- 6 servings vanilla bean ice cream melted for serving

### Equipment

- bowl

- baking sheet
- oven
- whisk
- mixing bowl
- ramekin
- double boiler
- hand mixer

## Directions

- Preheat the oven to 350 degrees F.
- Butter 6 ramekins or 1 large souffle dish and coat with granulated sugar, tapping the side of the ramekins while upside down to remove any excess sugar.
- Heat the chocolate and butter in a glass bowl over simmering water in a double boiler, until blended, stirring occasionally. When blended, remove the bowl from the double boiler.
- Using a hand mixer, beat the egg whites with a pinch of salt in a mixing bowl until soft peaks form.
- Add the 1/3 cup granulated sugar gradually, beating constantly until stiff peaks form. In a small bowl, whisk the egg yolks until slightly paler in color.
- Add the whisked egg yolks to the melted chocolate mixture, then fold in the egg whites.
- Spoon or pipe the chocolate mixture into the prepared ramekins and arrange them on a baking sheet. Carefully put them in the middle of the oven and bake until the souffles are risen and cooked, about 18 to 25 minutes
- Remove the souffles from the oven and serve immediately with melted vanilla bean ice cream, in a pitcher, to be poured over the souffles. Enjoy!
- Other serving suggestions: lightly sweetened whipped cream or a dusting of powdered sugar or cocoa powder.
- Cook's Note: To help the souffles rise evenly, run the tip of your thumb around the inside edge of the ramekins before baking.

## Nutrition Facts



■ PROTEIN 10.29% ■ FAT 61.12% ■ CARBS 28.59%

## Properties

Glycemic Index:23.85, Glycemic Load:8.86, Inflammation Score:-5, Nutrition Score:12.746956535008%

## Nutrients (% of daily need)

Calories: 367.34kcal (18.37%), Fat: 24.96g (38.4%), Saturated Fat: 13.26g (82.89%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 22.15g (8.06%), Sugar: 17.58g (19.53%), Cholesterol: 202.13mg (67.38%), Sodium: 117mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.24mg (10.08%), Protein: 9.45g (18.9%), Manganese: 0.75mg (37.55%), Copper: 0.71mg (35.25%), Iron: 5.4mg (30.01%), Selenium: 18.43µg (26.32%), Magnesium: 92.44mg (23.11%), Phosphorus: 219.18mg (21.92%), Fiber: 4.12g (16.48%), Vitamin B2: 0.27mg (15.72%), Zinc: 1.92mg (12.79%), Potassium: 342.39mg (9.78%), Vitamin B12: 0.57µg (9.51%), Vitamin B5: 0.95mg (9.5%), Vitamin A: 408.56IU (8.17%), Vitamin D: 1.03µg (6.84%), Folate: 24.27µg (6.07%), Vitamin E: 0.87mg (5.8%), Calcium: 57.55mg (5.75%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 3.24µg (3.09%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.44mg (2.19%)