



Chocolate Soufflés

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

Ingredients

- 4 large eggs separated
- 6 tablespoons granulated sugar
- 4 servings powdered sugar
- 6 oz bittersweet chocolate chopped
- 4 servings garnish: whipped cream sweetened
- 1 teaspoon vanilla
- 2 tablespoons whipping cream

Equipment

- bowl
- oven
- sieve
- blender
- ramekin
- baking pan
- microwave

Directions

- Lightly butter four ramekins (2/3-cup size, deep or shallow). Set ramekins in a shallow, 10- by 15-inch baking pan.
- Combine chocolate and milk in a microwave-safe bowl; heat at full power (100%) in a microwave oven at 30-second intervals, stirring after each, until chocolate is melted and smooth, 30 seconds to 1 minute total.
- Let stand.
- In a large bowl, with a mixer at high speed, whip egg whites until they form a dense foam, 1 to 2 minutes.
- Sprinkle in 1/4 cup of the sugar and beat until whites hold short, distinct peaks, 1 to 4 minutes.
- Scrape into another bowl.
- In mixer bowl, whip egg yolks at high speed until they begin to thicken, 1 1/2 to 2 minutes.
- Add remaining 2 tablespoons sugar and continue beating until yolks are very thick, 3 to 5 minutes. Beat in vanilla.
- Add melted chocolate and beat until well blended.
- Add about a third of the egg whites to egg yolk and chocolate mixture, and beat slowly to mix well. Fold in remaining whites until fairly well incorporated.
- Scoop souffl mixture equally into ramekins; mixture can mound above rims, but make sure it's not dripping over edges.
- Bake in a 375 oven until souffls are puffy and dry on the surface, about 8 minutes for very soft centers, 10 minutes for creamy centers, and 12 minutes for firm centers.
- Transfer ramekins to plates and rub powdered sugar through a fine sieve onto souffls. Offer whipped cream to top souffls.

Nutrition Facts

PROTEIN 8.06% FAT 48.97% CARBS 42.97%

Properties

Glycemic Index:31.27, Glycemic Load:12.98, Inflammation Score:-4, Nutrition Score:11.543478314805%

Nutrients (% of daily need)

Calories: 461.94kcal (23.1%), Fat: 25.15g (38.68%), Saturated Fat: 13.49g (84.3%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 46.25g (16.82%), Sugar: 42.41g (47.12%), Cholesterol: 201.59mg (67.2%), Sodium: 78.19mg (3.4%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Caffeine: 36.57mg (12.19%), Protein: 9.31g (18.62%), Manganese: 0.58mg (29.05%), Copper: 0.57mg (28.53%), Selenium: 19.39µg (27.7%), Phosphorus: 219.31mg (21.93%), Magnesium: 82.15mg (20.54%), Iron: 3.59mg (19.93%), Vitamin B2: 0.27mg (16.07%), Fiber: 3.4g (13.61%), Zinc: 1.82mg (12.11%), Potassium: 328.06mg (9.37%), Vitamin B5: 0.93mg (9.32%), Vitamin B12: 0.55µg (9.18%), Vitamin A: 442.61IU (8.85%), Vitamin D: 1.14µg (7.63%), Calcium: 65.75mg (6.57%), Folate: 23.98µg (5.99%), Vitamin E: 0.88mg (5.89%), Vitamin B6: 0.1mg (5.24%), Vitamin K: 3.57µg (3.4%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.41mg (2.04%)