

Chocolate Souffles

READY IN



45 min.

SERVINGS



10

CALORIES



415 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup flour
- 4 large egg yolk
- 4 large eggs
- 1 pinch salt
- 10 ounces bittersweet chocolate unsweetened chopped (not)
- 1 cup sugar
- 10 tablespoons butter unsalted ()

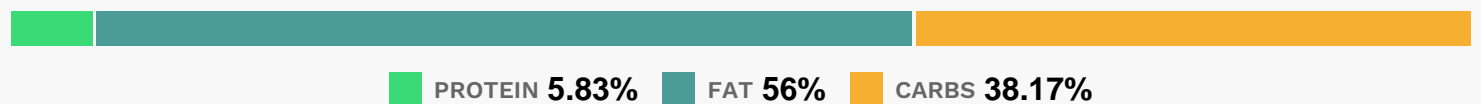
Equipment

- bowl
- frying pan
- baking sheet
- oven
- ramekin
- hand mixer

Directions

- Butter and flour ten 3/4-cup ramekins. Melt chocolate and butter in medium bowl set over pan of simmering water, stirring occasionally.
- Remove bowl from over water and cool chocolate mixture to lukewarm.
- Using electric mixer at high speed, beat sugar, eggs, yolks, and salt in large bowl until batter falls in heavy ribbon when beaters are lifted, about 6 minutes. Sift flour over mixture and fold in. Gradually fold in lukewarm chocolate mixture. Divide mixture among prepared ramekins. (Can be prepared ahead. Cover soufflés individually with plastic and refrigerate up to 1 day or freeze up to 1 week.)
- Preheat oven to 400°F.
- Place ramekins on baking sheet; bake soufflés until puffed and beginning to crack on top (centers will still be soft), about 18 minutes (19 minutes if frozen), and serve.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:17.41, Inflammation Score:-4, Nutrition Score:8.820869539095%

Nutrients (% of daily need)

Calories: 414.77kcal (20.74%), Fat: 26.05g (40.07%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 37.51g (13.64%), Sugar: 30.5g (33.89%), Cholesterol: 179.64mg (59.88%), Sodium: 40.24mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 6.1g (12.2%), Manganese: 0.43mg (21.45%), Selenium: 14.71µg (21.01%), Copper: 0.39mg (19.3%), Phosphorus: 149.94mg (14.99%), Iron: 2.63mg (14.61%), Magnesium: 54.29mg (13.57%), Vitamin A: 570.09IU (11.4%), Vitamin B2: 0.18mg (10.63%), Fiber: 2.44g (9.75%), Zinc: 1.22mg (8.16%), Folate: 31.19µg (7.8%), Vitamin D: 0.98µg (6.51%), Vitamin B12: 0.39µg

(6.42%), Vitamin B5: 0.64mg (6.38%), Potassium: 206.2mg (5.89%), Vitamin E: 0.88mg (5.88%), Vitamin B1: 0.08mg (5.25%), Calcium: 42.05mg (4.2%), Vitamin B6: 0.07mg (3.53%), Vitamin B3: 0.63mg (3.15%), Vitamin K: 3.15µg (3%)