



Chocolate Soufflés with Pomegranate Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons rum (raspberry-flavored liqueur)
- ☐ 1 teaspoon cornstarch
- ☐ 4 large egg whites
- ☐ 2 large egg yolks lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 cup pomegranate juice
- ☐ 0.1 teaspoon salt

- ☐ 2 tablespoons semi chocolate chips
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 tablespoon water cold
- ☐ 6 servings souffl[[special_char](#)
- ☐ 6 servings souffl[[special_char](#)

Equipment

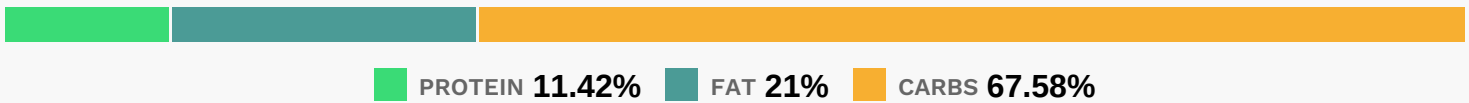
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare souffls, coat 6 (8-ounce) ramekins with cooking spray; sprinkle with 1/2 teaspoon sugar.
- ☐ Combine milk, 1/2 cup sugar, cocoa, flour, and salt in a medium saucepan. Bring to a boil, stirring constantly until slightly thickened (about 1 minute); remove from heat.
- ☐ Add chocolate chips, vanilla, and allspice, stirring constantly; cool slightly.

- ☐ Place egg yolks in a large bowl. Gradually add chocolate mixture to egg yolks, stirring constantly with a whisk.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon into prepared ramekins.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 20 minutes or until puffy and set.
- ☐ To prepare sauce, place juice, 1/4 cup water, and 2 teaspoons sugar in a small saucepan; bring to a boil. Reduce heat, and simmer 8 minutes.
- ☐ Whisk together 1 tablespoon water and cornstarch in a small bowl to create a slurry.
- ☐ Add slurry and liqueur to juice mixture. Cook 2 minutes or until the mixture is slightly syrupy.
- ☐ Remove from heat.
- ☐ Drizzle over chocolate souffls.

Nutrition Facts



Properties

Glycemic Index:66.06, Glycemic Load:17.05, Inflammation Score:-4, Nutrition Score:8.1995652447576%

Flavonoids

Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 14.25mg, Epicatechin: 14.25mg, Epicatechin: 14.25mg, Epicatechin: 14.25mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 217.15kcal (10.86%), Fat: 5.47g (8.42%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 36.1g (13.13%), Sugar: 31.92g (35.47%), Cholesterol: 64.65mg (21.55%), Sodium: 112.98mg (4.91%),

Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.78mg (6.93%), Protein: 6.69g (13.39%), Manganese: 0.45mg (22.31%), Copper: 0.37mg (18.35%), Selenium: 11.13µg (15.9%), Vitamin B2: 0.24mg (14.36%), Magnesium: 56.42mg (14.1%), Fiber: 3.5g (14.01%), Phosphorus: 136.04mg (13.6%), Potassium: 335.14mg (9.58%), Iron: 1.7mg (9.46%), Calcium: 75.71mg (7.57%), Folate: 29.01µg (7.25%), Zinc: 1.03mg (6.85%), Vitamin B12: 0.35µg (5.8%), Vitamin B5: 0.53mg (5.3%), Vitamin K: 5.37µg (5.11%), Vitamin B1: 0.06mg (4.06%), Vitamin B6: 0.07mg (3.34%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.4mg (2.64%), Vitamin A: 126.41IU (2.53%), Vitamin D: 0.31µg (2.04%), Vitamin C: 1.44mg (1.75%)