



Classic Cheese Soufflé

READY IN



78 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 cup milk
- ☐ 4 ounces cheddar cheese
- ☐ 3 eggs separated
- ☐ 0.3 teaspoon cream of tartar

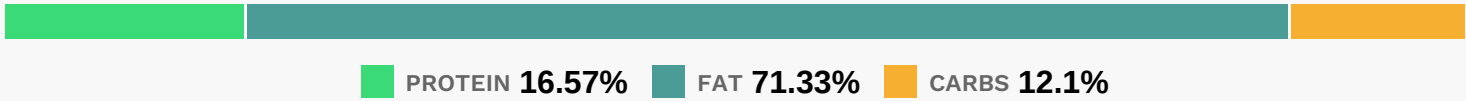
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Butter 1-quart soufflé dish or casserole. Make a 4-inch band of triple-thickness aluminum foil 2 inches longer than circumference of dish. Butter one side. Secure foil band, buttered side in, around top edge of dish.
- ☐ Melt butter in 2-quart saucepan over medium heat. Stir in flour, salt, mustard and red pepper. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in milk.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted; remove from heat.
- ☐ Beat egg whites and cream of tartar in medium bowl with electric mixer on high speed until stiff but not dry; set aside. Beat egg yolks in small bowl on high speed about 3 minutes or until very thick and lemon colored; stir into cheese mixture. Stir about 1/4 of the egg whites into cheese mixture. Fold cheese mixture into remaining egg whites. Carefully pour into soufflé dish.
- ☐ Bake 50 to 60 minutes or until knife inserted halfway between center and edge comes out clean. Carefully remove foil band and quickly divide soufflé into sections with 2 forks.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.58, Inflammation Score:-6, Nutrition Score:10.353043419187%

Nutrients (% of daily need)

Calories: 331.1kcal (16.55%), Fat: 26.28g (40.43%), Saturated Fat: 10g (62.47%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.8g (3.56%), Sugar: 3.18g (3.54%), Cholesterol: 158.43mg (52.81%), Sodium: 680.2mg (29.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.47%), Selenium: 22.22µg (31.75%), Calcium: 299.93mg (29.99%), Phosphorus: 269.61mg (26.96%), Vitamin B2: 0.4mg (23.79%), Vitamin A: 1079.01IU (21.58%), Vitamin B12: 0.94µg (15.63%), Zinc: 1.78mg (11.87%), Vitamin D: 1.5µg (10.01%), Folate: 36.13µg (9.03%), Vitamin B5: 0.9mg (8.98%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.05mg (6.99%), Vitamin B6: 0.12mg (5.93%), Potassium: 205.61mg (5.87%), Iron: 1.01mg (5.6%), Magnesium: 21.59mg (5.4%), Manganese: 0.07mg (3.62%), Vitamin B3: 0.58mg (2.88%), Copper: 0.05mg (2.32%)