

# Classic Cheese Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 lb butter
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 6 oz gruyère cheese shredded
- ☐ 1.3 cups milk
- ☐ 0.3 teaspoon salt

## Equipment

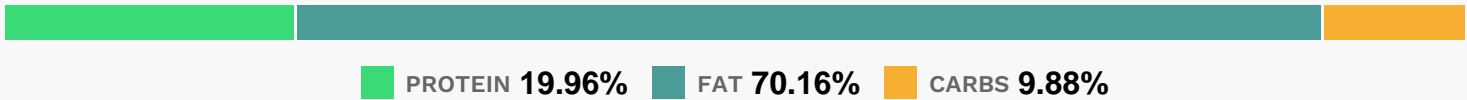
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ pastry brush

## Directions

- ☐ Generously butter a 2-quart souffl dish or six 1- to 1 1/4-cup souffl dishes; if using small ones, set them about 2 inches apart in a 10- by 15-inch baking pan.
- ☐ In a 2- to 3-quart pan over medium heat, melt 1/4 cup butter.
- ☐ Add flour and stir until mixture is smooth and bubbling. Stir in milk, cayenne, and salt, and continue stirring until sauce boils and thickens, 3 to 4 minutes.
- ☐ Remove from heat.
- ☐ Add cheese and stir until melted.
- ☐ Add egg yolks and stir until the mixture is blended and smooth.
- ☐ In a bowl, with a mixer on high speed, beat egg whites (use whisk attachment if available) with cream of tartar until short, stiff, moist peaks form. With a flexible spatula, fold a third of the cheese sauce into whites until well blended.
- ☐ Add remaining sauce and gently fold in just until blended.
- ☐ Scrape the batter into the prepared souffl dish (or dishes). If the dish is more than 3/4 full, use foil collar (see "Crowning Glory," below). If desired, draw a circle on the surface of the souffl batter with the tip of a knife, about 1 inch in from rim, to help an attractive crown form during baking.

- ☐ Bake in a 375 regular or convection oven until top is golden to deep brown and cracks look fairly dry, 25 to 30 minutes for large souffl, 15 to 20 minutes for small ones.
- ☐ Serve immediately, scooping portions from single souffl with a large spoon.
- ☐ Crowning glory
- ☐ Souffls look most impressive when they rise dramatically over the rim of the dish. To create a beautiful crown on your souffl, fill the dish about 3/4 full. If it's less full, the souffl may not rise over the rim. If it's more full, the souffl may spill over unless you wrap the dish with a foil collar. Here's how to make one.
- ☐ Cut a 15-inch-wide sheet of foil 4 inches longer than circumference of dish; fold lengthwise in thirds. Coat one side of the foil strip generously with melted butter, using a pastry brush. Wrap the foil around outside of dish so that at least 2 inches of foil extend above the rim. Fold the ends of the buttered foil strip over several times until snug against dish.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:3.97, Inflammation Score:-5, Nutrition Score:10.910434715774%

## Nutrients (% of daily need)

Calories: 304.97kcal (15.25%), Fat: 23.75g (36.54%), Saturated Fat: 12.82g (80.14%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.37g (2.68%), Sugar: 2.75g (3.06%), Cholesterol: 240.77mg (80.26%), Sodium: 433.57mg (18.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Selenium: 26.21µg (37.44%), Calcium: 294.2mg (29.42%), Phosphorus: 288.33mg (28.83%), Vitamin B2: 0.45mg (26.67%), Vitamin A: 907.24IU (18.14%), Vitamin B12: 1.04µg (17.27%), Zinc: 1.94mg (12.94%), Vitamin D: 1.73µg (11.53%), Vitamin B5: 1.11mg (11.06%), Folate: 39.36µg (9.84%), Vitamin B6: 0.14mg (7.01%), Vitamin E: 1.01mg (6.74%), Vitamin B1: 0.1mg (6.55%), Iron: 1.18mg (6.53%), Potassium: 197.24mg (5.64%), Magnesium: 21.22mg (5.31%), Manganese: 0.06mg (2.83%), Copper: 0.05mg (2.7%), Vitamin B3: 0.42mg (2.12%), Vitamin K: 1.73µg (1.64%)