



WHATSheATE

CHOCOLATE

Classic Chocolate Soufflé



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bittersweet chocolate cut into small pieces
- ☐ 6 servings powdered sugar sifted
- ☐ 6 servings drambuie
- ☐ 5 egg whites
- ☐ 3 egg yolk
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon vanilla extract

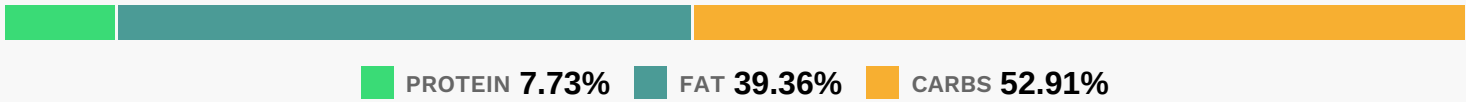
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Position the rack in the lowest part of the oven and preheat the oven to 400 degrees.
- ☐ Brush six 3/4-cup ovenproof soufflé dishes with melted butter and invert the dishes to allow excess butter to drip out. Then, pour a little granulated sugar into each dish, turning to coat all sides, tapping out any excess sugar (see page 112). For easier handling, arrange the dishes on a flat baking tray and set aside.
- ☐ In a small heatproof bowl placed over a pan of simmering water, melt the chocolate. When almost melted, turn off the heat and let the chocolate melt completely, stirring occasionally.
- ☐ Meanwhile, in the large bowl of an electric mixer fitted with a paddle or beaters, on high speed beat together the egg yolks, 1/4 cup plus 2 tablespoons of the sugar, and the vanilla until pale yellow and thick. Scrape the melted chocolate into the yolks and continue to beat until well combined.
- ☐ In another clean large bowl, with whip or clean beaters, whip the 5 egg whites. Start on medium speed and raise the speed as peaks begin to form.
- ☐ Add the remaining 2 tablespoons sugar and continue to whip until the whites are shiny and firm, but not stiff. (When the bowl is tipped slightly, the whites should stay in place.) Stir one-third of the whites into the chocolate mixture to lighten, then turn the chocolate back into the whites and fold until completely incorporated. Do not overmix.
- ☐ Using a large spoon, spoon the soufflé batter into the prepared dishes, filling to the top of each dish.
- ☐ Bake 10 minutes; the tops will be slightly crusty and the inside creamy.
- ☐ To serve, carefully remove each soufflé and place on a small doily-lined plate. Dust with sifted confectioner's sugar and serve with softly whipped cream or Drambouie-Flavored Crème Anglaise.
- ☐ Serve immediately.
- ☐ Taste

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:6.7195652619652%

Nutrients (% of daily need)

Calories: 307.07kcal (15.35%), Fat: 13.34g (20.53%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 38.08g (13.85%), Sugar: 35.18g (39.09%), Cholesterol: 98.9mg (32.97%), Sodium: 49.04mg (2.13%), Alcohol: 0.63g (100%), Alcohol %: 0.9% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.89g (11.78%), Manganese: 0.39mg (19.29%), Copper: 0.37mg (18.43%), Selenium: 12.57µg (17.96%), Magnesium: 53.18mg (13.29%), Iron: 2.07mg (11.51%), Phosphorus: 112.6mg (11.26%), Vitamin B2: 0.18mg (10.38%), Fiber: 2.27g (9.07%), Zinc: 0.97mg (6.46%), Potassium: 212.78mg (6.08%), Vitamin B12: 0.25µg (4.15%), Vitamin B5: 0.4mg (4.02%), Folate: 14.14µg (3.54%), Vitamin D: 0.49µg (3.24%), Calcium: 31.26mg (3.13%), Vitamin A: 143.95IU (2.88%), Vitamin E: 0.4mg (2.66%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 2.1µg (2%), Vitamin B1: 0.03mg (1.73%), Vitamin B3: 0.27mg (1.34%)