



Coffee Souffles with Mocha Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings confectioners sugar
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 5 tablespoons granulated sugar
- ☐ 2 servings accompaniment: mocha sauce
- ☐ 1 teaspoon coffee granules (not espresso)
- ☐ 0.5 cup milk 1%

☐ 0.5 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ wax paper

Directions

- ☐ Whisk together milk, cornstarch, coffee granules, and 1 tablespoon granulated sugar in a small saucepan until smooth. Cook, whisking, over moderate heat until pudding boils and is thickened, 1 to 2 minutes, and transfer to a bowl. Stir in vanilla and put a sheet of wax paper on surface of pudding to prevent a skin from forming. Cool pudding to warm.
- ☐ Preheat oven to 400°F. Lightly oil 2 (6-oz.) ramekins and sprinkle each with 1/2 tablespoon granulated sugar.
- ☐ Beat egg whites with cream of tartar and a pinch salt in a large bowl until they just hold soft peaks. Gradually add remaining 3 tablespoons granulated sugar, beating until whites hold stiff peaks. Stir 1/4 of whites into pudding to lighten and fold in remaining whites gently but thoroughly.
- ☐ Mound mixture into ramekins and bake on a baking sheet in lower third of oven until puffed and golden brown, about 15 minutes. Lightly dust soufflés with confectioners sugar and serve immediately with mocha sauce.
- ☐ Cooks' note
- ☐ Pudding may be made 1 day ahead and chilled, covered. Bring to room temperature before folding in whites and proceed with recipe.
- ☐ Each serving, including sauce, has about 255 calories and 5 grams fat.
- ☐ Self

Nutrition Facts



 **PROTEIN 14.01%**  **FAT 3.15%**  **CARBS 82.84%**

Properties

Glycemic Index:35.05, Glycemic Load:20.94, Inflammation Score:-1, Nutrition Score:3.819565170485%

Nutrients (% of daily need)

Calories: 212.18kcal (10.61%), Fat: 0.75g (1.15%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 44.11g (16.04%), Sugar: 41.4g (46%), Cholesterol: 2.95mg (0.98%), Sodium: 118.29mg (5.14%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Caffeine: 15.7mg (5.23%), Protein: 7.47g (14.93%), Vitamin B2: 0.31mg (18.14%), Selenium: 11.49µg (16.41%), Calcium: 79.07mg (7.91%), Potassium: 256.37mg (7.32%), Phosphorus: 70.05mg (7%), Vitamin B12: 0.4µg (6.74%), Vitamin D: 0.65µg (4.33%), Magnesium: 14.35mg (3.59%), Vitamin B5: 0.31mg (3.08%), Vitamin B1: 0.04mg (2.38%), Vitamin A: 115.64IU (2.31%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.28mg (1.85%), Vitamin B3: 0.26mg (1.32%), Manganese: 0.02mg (1.07%)