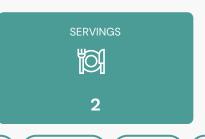


# **Coffee Souffles with Mocha Sauce**

**Gluten Free** 







ANTIPASTI

STARTER

SNACK

APPETIZER

### **Ingredients**

0.5 cup milk 1%

2 servings confectioners sugar
2 teaspoons cornstarch
O.3 teaspoon cream of tartar
3 large egg whites
5 tablespoons granulated sugar
2 servings accompaniment: mocha sauce
1 teaspoon coffee granules (not espresso)

Ш	0.5 teaspoon vanilla
Equipment	
	bowl
	baking sheet
	sauce pan
	oven
	whisk
	ramekin
	wax paper
Di	rections
	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 stift 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**

#### **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%)