



Dark Chocolate-Lime Souffles

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



642 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 large eggs separated room temperature
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 tablespoons lime zest grated
- ☐ 0.1 teaspoon salt
- ☐ 10 ounces bittersweet chocolate chopped
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.7 cup sugar
- ☐ 1 cup whipping cream chilled

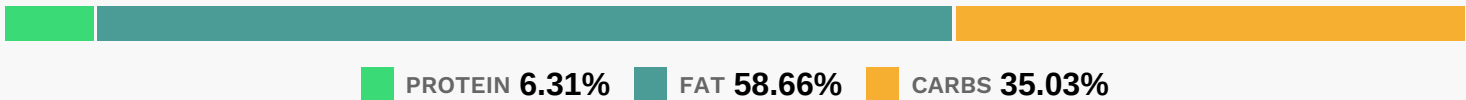
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place six 3/4-cup soufflé dishes on baking sheet. Mash sugar and lime peel in small bowl.
- ☐ Place chopped chocolate in medium bowl set over saucepan of simmering water; stir until melted.
- ☐ Remove from over water; whisk in egg yolks, salt, and 2 tablespoons lime sugar (mixture will become thick). Beat egg whites in large bowl to soft peaks; add 2 tablespoons lime sugar and beat until stiff but not dry.
- ☐ Whisk 1/3 of whites into chocolate mixture to lighten; fold in remaining whites in 2 additions. Fold in chocolate chips. Spoon mixture into dishes, dividing equally.
- ☐ Bake until softly set and puffed, about 14 minutes.
- ☐ Meanwhile, whip cream, fresh lime juice, and 4 tablespoons lime sugar to peaks in medium bowl.
- ☐ Top soufflés with whipped cream mixture.
- ☐ Sprinkle with additional lime sugar.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:15.56, Inflammation Score:-6, Nutrition Score:15.035652098448%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 641.97kcal (32.1%), Fat: 42.21g (64.93%), Saturated Fat: 24.14g (150.89%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 51.67g (18.79%), Sugar: 46.44g (51.6%), Cholesterol: 203.56mg (67.85%), Sodium: 124.89mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 53.53mg (17.84%), Protein: 10.22g (20.43%), Manganese: 0.84mg (41.94%), Copper: 0.82mg (40.76%), Magnesium: 117.76mg (29.44%), Selenium: 19.36µg (27.65%), Phosphorus: 268.24mg (26.82%), Iron: 4.73mg (26.28%), Fiber: 5.05g (20.2%), Vitamin B2: 0.3mg (17.69%), Vitamin A: 842.1IU (16.84%), Zinc: 2.29mg (15.27%), Potassium: 455.02mg (13%), Vitamin D: 1.47µg (9.79%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.55µg (9.11%), Calcium: 89.55mg (8.95%), Vitamin E: 1.18mg (7.88%), Vitamin K: 5.91µg (5.63%), Folate: 21.7µg (5.43%), Vitamin B6: 0.11mg (5.41%), Vitamin B1: 0.05mg (3.07%), Vitamin B3: 0.59mg (2.94%), Vitamin C: 1.95mg (2.36%)