



Dark Chocolate Souffles

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces percent cocoa chocolate finely chopped
- 2 servings poached berries fresh for garnish
- 1 Dash cream of tartar
- 3 large egg whites
- 2 large egg yolks
- 0.5 tablespoon extra olive oil light plus more for coating ramekins filippo berio®
- 0.3 cup granulated sugar plus more for coating ramekins
- 2 tablespoons heavy cream

2 servings confectioner's sugar for garnish

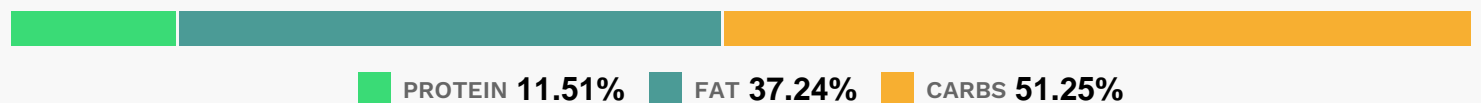
Equipment

- bowl
- baking sheet
- oven
- whisk
- pot
- ramekin

Directions

- Preheat oven to 375 degrees F. Oil two 6-ounce ramekins and sprinkle with sugar.
- Roll sugar around the sides and bottom of each ramekin to coat completely, shaking out any excess sugar.
- In a small metal bowl set over a pot of simmering water, melt chocolate, olive oil, and heavy cream, stirring occasionally until blended.
- Remove bowl from heat.
- In a medium bowl, whisk egg whites with cream of tartar until soft peaks form.
- Add granulated sugar and continue whisking egg whites until peaks are stiff.
- Whisk egg yolks into chocolate mixture one at a time. Fold in egg whites, a little at a time, and blend until smooth.
- Pour into prepared ramekins.
- Place ramekins on a baking sheet and bake until souffles rise, about 15 minutes.
- Serve immediately with confectioners sugar and fresh berries as garnish.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:25.83, Inflammation Score:-3, Nutrition Score:7.8286956477424%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 349.76kcal (17.49%), Fat: 14.71g (22.62%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 45.11g (16.41%), Sugar: 43.31g (48.12%), Cholesterol: 205.09mg (68.36%), Sodium: 132.51mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.45%), Selenium: 22.02µg (31.46%), Vitamin B2: 0.45mg (26.26%), Phosphorus: 140.39mg (14.04%), Vitamin D: 1.84µg (12.26%), Vitamin A: 594.81IU (11.9%), Vitamin B12: 0.59µg (9.79%), Calcium: 97.62mg (9.76%), Vitamin B5: 0.95mg (9.47%), Potassium: 293.1mg (8.37%), Vitamin E: 1.11mg (7.39%), Folate: 28.6µg (7.15%), Zinc: 0.67mg (4.46%), Vitamin B6: 0.08mg (4.07%), Vitamin B1: 0.06mg (4.05%), Iron: 0.71mg (3.96%), Magnesium: 15.34mg (3.84%), Copper: 0.07mg (3.63%), Vitamin K: 2.98µg (2.84%), Manganese: 0.05mg (2.7%), Fiber: 0.42g (1.7%)