



Easy Mexican Chocolate Souffle

 Gluten Free

READY IN



38 min.

SERVINGS



8

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12.4 ounce disks mexican chocolate coarsely chopped (recommended: Ibarra, found in gourmet and Hispanic grocery stores)
- 6 large egg whites
- 6 large egg yolks
- 0.3 cup sugar
- 2 tablespoon butter unsalted for greasing the ramekins. at room temperature
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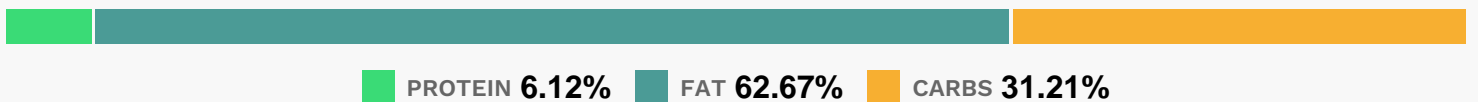
Equipment

- bowl
- sauce pan
- oven
- whisk
- ramekin
- hand mixer

Directions

- Preheat the oven to 400 degrees F. Butter 8 (1/2 cup) ramekins or custard cups with 2 tablespoons butter. Set aside.
- For the souffles: Stir the chocolate and 6 tablespoons butter in a large metal bowl set over saucepan of simmering water until the mixture is melted and smooth (mixture will be a little grainy).
- Remove the chocolate mixture from the heat and let cool slightly.
- Whisk in the egg yolks and add 2 tablespoons of the cooled melted chocolate to the yolks, mixing to incorporate.
- Add the rest of the chocolate and mix until nice and smooth. Using an electric mixer, beat the egg whites in a medium bowl until foamy.
- Add the sugar and beat until stiff peaks form. Fold into the chocolate mixture in 3 additions. Divide the chocolate batter among the prepared ramekins, filling them three-quarters of the way.
- Bake the souffles until puffed but the centers jiggle slightly, 16 to 18 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:14.64, Inflammation Score:-4, Nutrition Score:7.2843478710755%

Nutrients (% of daily need)

Calories: 401.15kcal (20.06%), Fat: 29.82g (45.88%), Saturated Fat: 17.23g (107.7%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 31g (11.27%), Sugar: 29.11g (32.35%), Cholesterol: 167.8mg (55.93%), Sodium: 55.84mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29mg (9.67%), Protein: 6.56g (13.12%), Selenium: 13.5µg (19.28%), Vitamin B2: 0.29mg (16.9%), Copper: 0.27mg (13.52%), Magnesium: 53.29mg (13.32%), Phosphorus: 121.39mg (12.14%), Manganese: 0.23mg (11.38%), Vitamin A: 533.72IU (10.67%), Fiber: 2.42g (9.67%), Iron: 1.59mg (8.81%), Zinc: 0.97mg (6.49%), Vitamin D: 0.9µg (5.99%), Folate: 21.34µg (5.34%), Potassium: 185.16mg (5.29%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.29µg (4.91%), Vitamin B5: 0.47mg (4.75%), Vitamin K: 3.84µg (3.65%), Vitamin B6: 0.07mg (3.26%), Calcium: 32.15mg (3.21%), Vitamin B1: 0.03mg (2.19%), Vitamin B3: 0.33mg (1.65%)