



## Flourless Chocolate Soufflés

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 tablespoon butter plus more for dishes
- ☐ 0.1 teaspoon cream of tartar
- ☐ 6 egg whites
- ☐ 3 egg yolks
- ☐ 6 tablespoons milk
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons sugar plus more for dishes

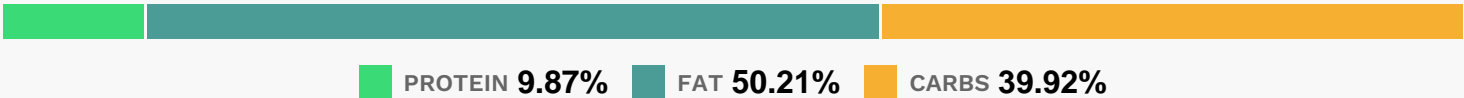
## Equipment

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

## Directions

- ☐ Preheat oven to 37
- ☐ Generously butter six 8-oz. souffl dishes.
- ☐ Sprinkle butter with sugar to coat. Put dishes on a baking sheet and set aside.
- ☐ Bring 1 in. water to a boil in a medium frying pan. Put chocolate, milk, and 1 tbsp. butter in a small metal bowl. Put bowl in water and take pan off heat. Stir occasionally until chocolate melts.
- ☐ Remove bowl from water, mix in egg yolks, and set aside.
- ☐ In a large clean bowl, beat egg whites, salt, and cream of tartar until soft peaks form.
- ☐ Sprinkle in 6 tbsp. sugar and beat until stiff peaks form.
- ☐ Whisk 1/4 of beaten egg whites into the chocolate mixture. Fold chocolate mixture into the remaining egg whites. Divide mixture evenly among prepared souffl dishes and bake until set but still soft in the center, 15 to 20 minutes.
- ☐ Serve immediately, with vanilla bean cream if you like.

## Nutrition Facts



## Properties

Glycemic Index:6.32, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:1.7856521567573%

## Nutrients (% of daily need)

Calories: 67.4kcal (3.37%), Fat: 3.77g (5.8%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.2g (2.25%), Sugar: 5.61g (6.23%), Cholesterol: 25.37mg (8.46%), Sodium: 30.3mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.85mg (1.95%), Protein: 1.67g (3.33%), Selenium: 3.31µg (4.73%), Manganese: 0.09mg (4.62%), Copper: 0.09mg (4.43%), Magnesium: 13.32mg (3.33%), Phosphorus: 30.97mg (3.1%), Vitamin B2: 0.05mg (3.06%), Iron: 0.5mg (2.76%), Fiber: 0.54g (2.18%), Potassium: 60.74mg (1.74%), Zinc: 0.25mg (1.65%), Vitamin B12: 0.08µg (1.35%), Calcium: 12.11mg (1.21%), Vitamin B5: 0.11mg (1.13%), Vitamin A: 54.38IU (1.09%), Vitamin D: 0.16µg (1.04%)