



Forgotten Chocolate Souffle

READY IN



90 min.

SERVINGS



10

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces bittersweet chocolate chopped
- 5 large eggs separated for 30 minutes at room temperature
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt for the egg whites plus a pinch
- 12 tablespoons sugar
- 1 stick butter unsalted plus more for greasing cut into tablespoon pieces,
- 1 vanilla pod

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- microwave

Directions

- Put an oven rack in the middle position and preheat the oven to 350 degrees F. Butter a 6-cup souffle dish or casserole.
- Melt the chocolate and butter in a large bowl set over a pan of barely simmering water, stirring frequently. (Or in a microwave-safe glass bowl in a microwave at 50 percent power for 2 to 3 minutes, stirring well every 30 seconds until the chocolate is melted and smooth.) Cool completely.
- Scrape the seeds from the vanilla bean into the cooled mixture and add salt and 6 tablespoons sugar.
- Add yolks 1 at a time, whisking well after each addition.
- Whisk in the flour.
- Beat the whites with a pinch of salt in a bowl using an electric mixer at high speed until they hold soft peaks.
- Add the remaining 6 tablespoons sugar, a little at a time, beating until the whites hold stiff glossy peaks.
- Whisk about 1/4 of the whites into the chocolate mixture to lighten the batter, then fold in the remaining whites gently but thoroughly.
- Pour the batter into the souffle dish, spreading it evenly.
- Bake about 30 to 35 minutes or until the center is still jiggling and a toothpick inserted in the center comes out with moist crumbs adhering to it.
- Serve the souffle warm.

Nutrition Facts



■ PROTEIN 4.1% ■ FAT 58.75% ■ CARBS 37.15%

Properties

Glycemic Index:14.51, Glycemic Load:11.78, Inflammation Score:-4, Nutrition Score:7.5973913358605%

Nutrients (% of daily need)

Calories: 373.42kcal (18.67%), Fat: 24.6g (37.85%), Saturated Fat: 14.12g (88.22%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 32.19g (11.71%), Sugar: 26.92g (29.91%), Cholesterol: 118.14mg (39.38%), Sodium: 9.14mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 3.87g (7.73%), Manganese: 0.48mg (23.89%), Copper: 0.44mg (21.92%), Magnesium: 61.23mg (15.31%), Iron: 2.54mg (14.09%), Phosphorus: 127.71mg (12.77%), Selenium: 8.9µg (12.72%), Fiber: 2.81g (11.22%), Vitamin A: 421.97IU (8.44%), Zinc: 1.13mg (7.54%), Potassium: 208.7mg (5.96%), Vitamin B2: 0.08mg (4.95%), Folate: 18.47µg (4.62%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.63µg (4.19%), Vitamin B12: 0.25µg (4.11%), Vitamin B5: 0.38mg (3.83%), Calcium: 35.39mg (3.54%), Vitamin B1: 0.05mg (3.4%), Vitamin K: 3.31µg (3.15%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (2.15%)