



## Frozen Key Lime Soufflé with Raspberry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



615 kcal

SIDE DISH

### Ingredients

- 3 egg yolks
- 2 cups heavy whipping cream
- 0.5 cup honey
- 1 cup key lime juice
- 1 teaspoon lime rind grated
- 1 pint raspberries fresh
- 10 ounce raspberries frozen thawed

- 0.3 teaspoon salt
- 1.5 cups sugar
- 0.5 cup butter unsalted
- 3 eggs whole

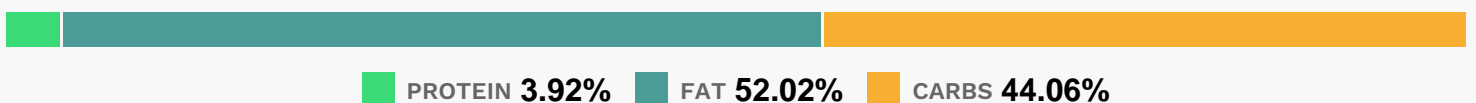
## Equipment

- whisk
- blender
- ramekin
- double boiler
- wax paper

## Directions

- Fold wax paper to create a 1 1/2-inch-wide collar for each of 8 (6-ounce) ramekins. Wrap paper collars around the outside of the ramekins, allowing 1 inch or more to extend above the rim; tape to secure. Set ramekins aside.
- Melt butter in top of a double boiler; stir in rind and next 3 ingredients.
- Whisk together yolks and whole eggs, and stir into juice mixture. Cook over medium heat, stirring constantly, until mixture thickens and coats the back of a spoon. Cool completely.
- Whip the cream, and fold gently into cooled lime mixture. Spoon mixture into prepared ramekins. (
- Mixture will extend up the sides of the collars.) Arrange fresh raspberries on top. Freeze 8 hours or overnight.
- Combine thawed raspberries and honey in a blender; strain to remove seeds.
- Remove the paper collars, and drizzle souffls with raspberry sauce.

## Nutrition Facts



## Properties

Glycemic Index:25.8, Glycemic Load:36.62, Inflammation Score:-7, Nutrition Score:13.02999991956%

## Flavonoids

Cyanidin: 43.29mg, Cyanidin: 43.29mg, Cyanidin: 43.29mg, Cyanidin: 43.29mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 614.96kcal (30.75%), Fat: 37.1g (57.08%), Saturated Fat: 22.15g (138.46%), Carbohydrates: 70.7g (23.57%), Net Carbohydrates: 64.38g (23.41%), Sugar: 61.36g (68.18%), Cholesterol: 232.02mg (77.34%), Sodium: 119.75mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin C: 34.39mg (41.69%), Manganese: 0.67mg (33.37%), Vitamin A: 1462.09IU (29.24%), Fiber: 6.32g (25.27%), Vitamin B2: 0.28mg (16.67%), Selenium: 11.39µg (16.27%), Vitamin E: 2.11mg (14.09%), Phosphorus: 129.47mg (12.95%), Vitamin D: 1.86µg (12.4%), Folate: 43.75µg (10.94%), Vitamin K: 10.55µg (10.05%), Vitamin B5: 0.99mg (9.85%), Calcium: 90.28mg (9.03%), Potassium: 280.31mg (8.01%), Magnesium: 30.44mg (7.61%), Iron: 1.33mg (7.36%), Vitamin B6: 0.14mg (7.08%), Zinc: 1mg (6.64%), Vitamin B12: 0.4µg (6.63%), Copper: 0.13mg (6.48%), Vitamin B1: 0.07mg (4.6%), Vitamin B3: 0.69mg (3.46%)