



Frozen Passion Fruit Souffles

 Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large egg whites
- ☐ 1 teaspoon gelatin powder unflavored (less than one)
- ☐ 0.3 cup cup heavy whipping cream chilled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 strips lime zest thin
- ☐ 0.7 cup passion fruit rum unsweetened frozen thawed
- ☐ 0.8 cup sugar
- ☐ 0.3 cup water

Equipment

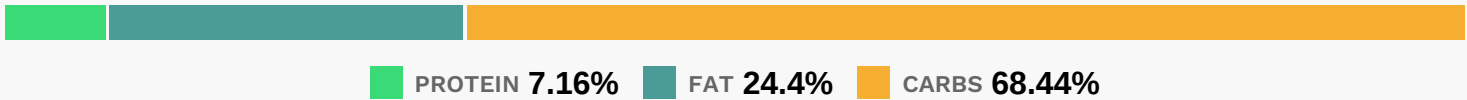
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ pastry brush

Directions

- ☐ Cut paper into 6 (13- by 2 1/2-inch) strips. Wrap a strip tightly around outside of each ramekin to form a 1-inch collar and tape overlapping ends together. Arrange ramekins on a 9-inch baking pan.
- ☐ Sprinkle gelatin over lime juice in a small saucepan and let soften 1 minute. Stir in passion fruit pulp and heat over moderately low heat, stirring, until gelatin is dissolved, about 3 minutes.
- ☐ Transfer to a metal bowl, then set bowl in a larger bowl of ice and cold water and quick-chill mixture, stirring occasionally, until it begins to thicken, about 10 minutes.
- ☐ Heat sugar and water in a 1-quart heavy saucepan over moderate heat, stirring, until sugar is dissolved, then wash down crystals from side of pan with a pastry brush dipped in cold water. Boil without stirring until syrup registers 238°F on thermometer, about 5 minutes.
- ☐ While syrup is boiling, beat egg whites with a pinch of salt in mixer at medium speed until stiff peaks form.
- ☐ Pour syrup in a slow stream down side of mixer bowl, beating constantly at high speed, and continue beating until meringue is room temperature, 4 to 5 minutes.
- ☐ Whisk cream in a chilled bowl until soft peaks form.

- ☐ Whisk one fourth of meringue into passion fruit pulp to lighten, then fold pulp into remaining meringue along with whipped cream. Spoon into ramekins, filling them 1/3 to 1 inch above rims.
- ☐ Freeze until firm, then cover with plastic wrap and freeze at least 2 hours.
- ☐ Let soufflés soften in refrigerator about 20 minutes before serving.
- ☐ *Available in Latino markets.
- ☐ Soufflés can be made 3 days ahead and kept frozen. If you can't find frozen unsweetened passion fruit pulp, you can substitute 12 ripe passion fruit. Force flesh through a fine sieve into a bowl (pulp will be very liquid), discarding seeds. If egg safety is a problem in your area, you can substitute powdered egg whites, such as Just Whites, and reconstitute according to package instructions.
- ☐ Each serving contains about 176 calories and 5 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:18.48, Inflammation Score:-4, Nutrition Score:3.2191303897163%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 5.07g (7.8%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 29.23g (10.63%), Sugar: 28.48g (31.64%), Cholesterol: 14.94mg (4.98%), Sodium: 40.46mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin C: 9.54mg (11.57%), Fiber: 2.76g (11.03%), Vitamin A: 530.58IU (10.61%), Vitamin B2: 0.14mg (8.15%), Selenium: 4.27µg (6.11%), Potassium: 137.51mg (3.93%), Phosphorus: 29mg (2.9%), Magnesium: 11.01mg (2.75%), Iron: 0.47mg (2.62%), Copper: 0.05mg (2.36%), Vitamin B3: 0.43mg (2.14%), Vitamin B6: 0.03mg (1.69%), Calcium: 14.75mg (1.48%), Vitamin D: 0.21µg (1.41%), Folate: 5.59µg (1.4%)