



Frozen Praline Souffles



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



2

CALORIES



473 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cognac
- ☐ 2 large egg whites for 30 minutes at room temperature
- ☐ 1.5 oz almonds whole with a kitchen towel and nuts chopped toasted sliced
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

Equipment

- ☐ bowl

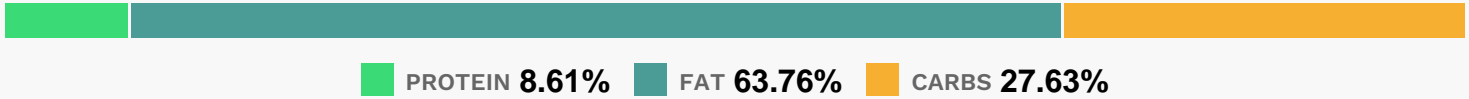
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ pastry brush

Directions

- ☐ Tear off 2 (3-inch-wide) strips of foil and wrap each tightly around outside of a ramekin, forming a collar that extends at least 1 inch above rim. Tape overlapping ends together.
- ☐ Line a baking sheet with a sheet of foil, then lightly oil foil. Cook sugar with a pinch of salt in a dry 8- to 9-inch nonstick skillet over moderate heat, without stirring, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel. Immediately remove from heat and stir in nuts with a wooden spoon, then quickly pour onto baking sheet, spreading with back of spoon before praline hardens.
- ☐ Cool praline on baking sheet 5 minutes, then break into large pieces. Put pieces in a sealable plastic bag, then seal bag, pressing out excess air. Break praline into smaller pieces by lightly pounding and rolling with a rolling pin. Measure out 1/3 cup (serve remainder on the side).
- ☐ Bring sugar and water to a boil in a 1 1/2-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 syrup, without stirring, until thermometer registers 238 to 242°F (soft-ball stage), 3 to 5 minutes.
- ☐ While syrup boils, beat egg whites with a pinch of salt in a bowl using an electric mixer at medium speed until foamy. Increase speed to high, then add hot syrup in a slow stream (avoid beaters and side of bowl), beating constantly, and continue to beat until meringue

- holds stiff glossy peaks and is cooled to room temperature, about 5 minutes. Fold praline into meringue.
- ☐ Whisk cream with Cognac in another bowl until it holds soft peaks, then fold into meringue gently but thoroughly. Spoon mixture into ramekins and freeze, loosely covered with plastic wrap, until firm, 2 to 3 hours.
 - ☐ Remove foil collars before serving.
 - ☐ ·To take the temperature of a shallow amount of syrup, put bulb of thermometer in skillet and turn thermometer facedown, resting other end against rim of pan. Check temperature frequently. ·Soufflés can be frozen up to 1 day. ·The egg whites in this recipe will not be fully cooked, which may be of concern if there is a problem with salmonella in your area. You can substitute reconstituted powdered egg whites.

Nutrition Facts



Properties

Glycemic Index:47.55, Glycemic Load:17.65, Inflammation Score:-7, Nutrition Score:10.18434777208%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 473.47kcal (23.67%), Fat: 32.23g (49.58%), Saturated Fat: 14.49g (90.58%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 28.77g (10.46%), Sugar: 27.85g (30.94%), Cholesterol: 67.24mg (22.41%), Sodium: 72.21mg (3.14%), Alcohol: 5.01g (100%), Alcohol %: 3.76% (100%), Protein: 9.79g (19.59%), Vitamin E: 5.99mg (39.94%), Vitamin B2: 0.5mg (29.67%), Manganese: 0.49mg (24.69%), Vitamin A: 874.86IU (17.5%), Magnesium: 65.35mg (16.34%), Phosphorus: 142.33mg (14.23%), Selenium: 9.41µg (13.44%), Copper: 0.24mg (12.02%), Fiber: 2.66g (10.63%), Calcium: 99.48mg (9.95%), Potassium: 266.97mg (7.63%), Vitamin D: 0.95µg (6.35%), Zinc: 0.83mg (5.51%), Iron: 0.89mg (4.96%), Vitamin B3: 0.84mg (4.22%), Vitamin B1: 0.06mg (3.85%), Folate: 13.06µg (3.26%), Vitamin B5: 0.31mg (3.14%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 1.9µg (1.81%)