



Fudgy Espresso Soufflé with Raspberry Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients

- 4 large egg whites
- 3 tablespoons flour all-purpose
- 1 tablespoon espresso grounds instant
- 0.8 cup milk 1% low-fat
- 6 servings raspberry sauce
- 0.1 teaspoon salt
- 2 tablespoons stick margarine
- 0.3 cup sugar
- 3 tablespoons sugar

0.5 cup cocoa unsweetened

6 tablespoons water hot

Equipment

bowl

sauce pan

oven

whisk

blender

Directions

Preheat oven to 37

Combine first 3 ingredients, stirring until smooth.

Melt butter in a small, heavy saucepan over medium heat.

Add flour; cook 1 minute, stirring constantly with a whisk. Gradually add milk, 1/4 cup sugar, and salt; cook 3 minutes or until thick, stirring constantly.

Remove from heat; stir in cocoa mixture. Spoon into a large bowl; cool slightly.

Beat egg whites at high speed of a mixer until foamy.

Add 3 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold 1 cup egg white mixture into cocoa mixture; gently fold in remaining egg white mixture. Spoon into a 1 1/2-quart souffl dish coated with cooking spray.

Bake at 375 for 45 minutes or until puffy and set.

Serve warm with Raspberry Sauce.

Nutrition Facts



Properties

Glycemic Index:35.86, Glycemic Load:12.08, Inflammation Score:-4, Nutrition Score:6.4000000992547%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 244.2kcal (12.21%), Fat: 5.39g (8.3%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 45.83g (16.66%), Sugar: 26.47g (29.41%), Cholesterol: 1.48mg (0.49%), Sodium: 153.71mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 42.65mg (14.22%), Protein: 5.41g (10.82%), Manganese: 0.38mg (19.11%), Copper: 0.3mg (14.96%), Fiber: 3.02g (12.08%), Magnesium: 47.09mg (11.77%), Selenium: 7.81µg (11.16%), Vitamin B2: 0.19mg (11.06%), Phosphorus: 95.9mg (9.59%), Iron: 1.34mg (7.44%), Potassium: 246.96mg (7.06%), Vitamin C: 5.22mg (6.32%), Calcium: 54mg (5.4%), Vitamin A: 240.97IU (4.82%), Zinc: 0.68mg (4.51%), Vitamin B1: 0.06mg (3.83%), Vitamin B3: 0.73mg (3.66%), Vitamin B12: 0.2µg (3.41%), Folate: 12.96µg (3.24%), Vitamin D: 0.32µg (2.16%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.21mg (1.37%)