



## Fudgy Soufflé Cake with Warm Turtle Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

DESSERT

### Ingredients

- 4 large egg whites
- 3 tablespoons flour all-purpose
- 6 servings warm turtle sauce
- 0.8 cup milk 1% low-fat
- 2 tablespoons butter
- 0.1 teaspoon salt
- 0.3 cup sugar
- 0.3 teaspoon sugar
- 3 tablespoons sugar

- 0.5 cup cocoa unsweetened
- 6 tablespoons water hot

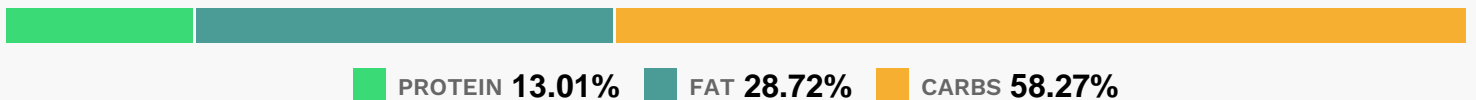
## Equipment

- bowl
- sauce pan
- oven
- whisk
- blender

## Directions

- Preheat oven to 37
- Coat a 1 1/2-quart souffl dish with cooking spray; sprinkle with 1/4 teaspoon sugar. Set aside.
- Combine cocoa and hot water in a bowl. Stir well; set aside.
- Melt margarine in a small, heavy saucepan over medium heat.
- Add flour; cook 1 minute, stirring constantly with a whisk.
- Add milk, 1/4 cup sugar, and salt; cook 3 minutes or until thick, stirring constantly.
- Remove from heat.
- Add cocoa mixture; stir well. Spoon into a large bowl; let cool slightly.
- Beat egg whites (at room temperature) 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 prepared souffl dish.
- Bake at 375 for 35 minutes or until puffy and set.
- Remove from oven; serve warm, at room temperature, or chilled with Warm Turtle Sauce.

## Nutrition Facts



## Properties

Glycemic Index:47.55, Glycemic Load:12.19, Inflammation Score:-4, Nutrition Score:5.4878260762957%

## 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: 144.71kcal (7.24%), Fat: 5.14g (7.91%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 20.72g (7.53%), Sugar: 16.46g (18.29%), Cholesterol: 1.48mg (0.49%), Sodium: 154.95mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.24g (10.48%), Manganese: 0.3mg (15.23%), Copper: 0.29mg (14.29%), Fiber: 2.75g (11.01%), Magnesium: 42.84mg (10.71%), Selenium: 7.4µg (10.58%), Vitamin B2: 0.18mg (10.48%), Phosphorus: 91.41mg (9.14%), Iron: 1.2mg (6.64%), Potassium: 197.97mg (5.66%), Calcium: 50.47mg (5.05%), Vitamin A: 224.75IU (4.49%), Zinc: 0.65mg (4.34%), Vitamin B1: 0.05mg (3.55%), Vitamin B12: 0.2µg (3.41%), Folate: 10.67µg (2.67%), Vitamin B3: 0.44mg (2.18%), Vitamin D: 0.32µg (2.16%), Vitamin B5: 0.19mg (1.87%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.16mg (1.07%)