



## Gingerbread Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 large egg whites
- ☐ 2 large egg yolks
- ☐ 3 tablespoons flour all-purpose
- ☐ 6 tablespoons granulated sugar divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup milk 1% low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 4 teaspoons powdered sugar

## Equipment

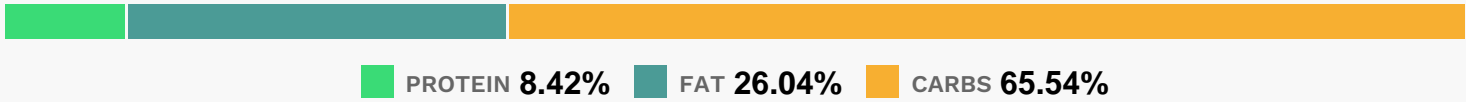
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender

## Directions

- ☐ Preheat oven to 37
- ☐ Coat 8 (6-ounce) souffl dishes with cooking spray.
- ☐ Sprinkle evenly with 2 tablespoons granulated sugar. Set aside.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add flour and 2 tablespoons granulated sugar; cook 1 minute, stirring constantly with a whisk. Gradually add milk; bring to a boil, stirring constantly with a whisk. Cook 2 minutes or until slightly thick, stirring constantly with a whisk.
- ☐ Remove from heat; cool 10 minutes.
- ☐ Add molasses and next 5 ingredients (through egg yolks), stirring with a whisk. Set aside.
- ☐ Place egg whites in a medium mixing bowl; beat with a mixer at high speed until soft peaks form. Gradually add remaining 2 tablespoons granulated sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Gently fold one-fourth egg white mixture into molasses mixture; gently fold in remaining egg white mixture. Gently spoon mixture into prepared dishes. Sharply tap dishes on counter 2 or 3 times to level.
- ☐ Place dishes on a baking sheet; place baking sheet in oven.
- ☐ Bake at 375 for 25 minutes or until puffy and set.

- ☐
- Sprinkle each souffl with 1/2 teaspoon powdered sugar.
- ☐
- Serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:39.26, Glycemic Load:12.47, Inflammation Score:-3, Nutrition Score:4.939130374028%

## Nutrients (% of daily need)

Calories: 146.21kcal (7.31%), Fat: 4.31g (6.63%), Saturated Fat: 2.37g (14.78%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 24.19g (8.8%), Sugar: 21.7g (24.11%), Cholesterol: 54.53mg (18.18%), Sodium: 59.29mg (2.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Manganese: 0.41mg (20.3%), Selenium: 9.08µg (12.98%), Magnesium: 39.97mg (9.99%), Potassium: 275.07mg (7.86%), Vitamin B2: 0.13mg (7.4%), Calcium: 66.37mg (6.64%), Vitamin B6: 0.13mg (6.35%), Iron: 1.02mg (5.64%), Phosphorus: 50.33mg (5.03%), Copper: 0.08mg (4.12%), Vitamin B12: 0.23µg (3.92%), Vitamin A: 192.71IU (3.85%), Vitamin B5: 0.36mg (3.62%), Vitamin B1: 0.05mg (3.27%), Vitamin D: 0.47µg (3.15%), Folate: 12.51µg (3.13%), Vitamin B3: 0.38mg (1.88%), Zinc: 0.28mg (1.86%), Vitamin E: 0.2mg (1.35%)