



## Gingerbread Soufflés

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.1 teaspoon cream of tartar
- ☐ 6 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup milk
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 teaspoons pumpkin pie spice

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 10 servings garnish: whipped cream sweetened crushed
- ☐ 2 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 35
- ☐ Whisk together first 4 ingredients in a medium saucepan until smooth. Bring to a boil over medium heat, whisking constantly.
- ☐ Transfer mixture to a large bowl, and whisk in molasses and next 4 ingredients. Cool 15 minutes.
- ☐ Whisk in egg yolks.
- ☐ Butter 10 (7-oz.) ramekins; sprinkle with sugar to coat, and shake out excess.
- ☐ Beat egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form. Fold one-third of egg white mixture into milk mixture until well blended. Repeat twice with remaining egg white mixture. Spoon batter into prepared ramekins, leaving 3/4-inch space at top of each.
- ☐ Bake at 350 for 25 minutes or until puffy and set.
- ☐ Serve immediately with whipped cream and crushed gingersnaps.
- ☐ Note: You may also bake this in a 2 1/2-qt. souffl dish.
- ☐ Bake 55 to 60 minutes or until puffy and set.

## Nutrition Facts



PROTEIN 11.43% FAT 36.75% CARBS 51.82%

## Properties

Glycemic Index:33.21, Glycemic Load:13.24, Inflammation Score:-3, Nutrition Score:6.3247826199817%

## Nutrients (% of daily need)

Calories: 179.93kcal (9%), Fat: 7.37g (11.34%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 23.22g (8.44%), Sugar: 20.29g (22.54%), Cholesterol: 125.11mg (41.7%), Sodium: 133.17mg (5.79%), Alcohol: 0.28g (100%), Alcohol %: 0.39% (100%), Protein: 5.16g (10.32%), Selenium: 13.05µg (18.65%), Manganese: 0.34mg (16.75%), Vitamin B2: 0.19mg (11.46%), Phosphorus: 97.77mg (9.78%), Magnesium: 36.19mg (9.05%), Calcium: 80.22mg (8.02%), Potassium: 267.72mg (7.65%), Vitamin B6: 0.15mg (7.41%), Iron: 1.33mg (7.39%), Vitamin B12: 0.42µg (7.02%), Vitamin B5: 0.68mg (6.78%), Vitamin A: 313.7IU (6.27%), Vitamin D: 0.89µg (5.95%), Folate: 20.2µg (5.05%), Copper: 0.09mg (4.3%), Zinc: 0.59mg (3.9%), Vitamin B1: 0.06mg (3.86%), Vitamin E: 0.44mg (2.93%), Vitamin B3: 0.37mg (1.87%)