



Goat Cheese and Fresh Herb Soufflé

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons chives minced
- ☐ 1 tablespoon optional: dill minced
- ☐ 4 large eggs separated
- ☐ 1 tablespoon flat-leaf parsley minced
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 pound goat cheese fresh crumbled
- ☐ 2 cups milk
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 teaspoons tarragon minced
- ☐ 4 tablespoons butter unsalted

Equipment

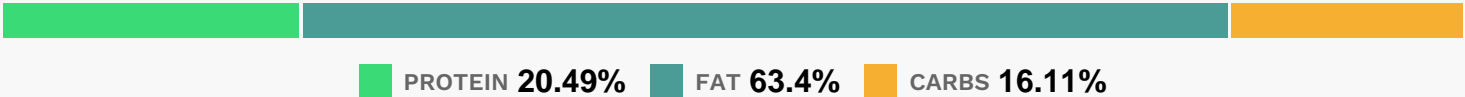
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 37
- ☐ Butter a 2-quart souffl dish.
- ☐ Add the Parmesan and turn to evenly coat the bottom and side of the dish. Tap out any excess.
- ☐ In a medium saucepan, melt the butter over moderate heat.
- ☐ Whisk in the flour until a smooth paste forms.
- ☐ Whisk in 1 cup of the milk until smooth, then whisk in the remaining 1 cup of milk and add the bay leaf. Bring the sauce to a boil, whisking constantly. Reduce the heat to low and cook, whisking frequently, until very thick, about 10 minutes.
- ☐ Scrape into a large bowl. Stir in the goat cheese and season with salt and pepper, then whisk in the egg yolks. Cover and let cool, then stir in the herbs.
- ☐ In a large stainless steel bowl, beat the egg whites with a pinch of salt until firm but not dry. Fold one-third of the beaten whites into the cheese sauce. Fold in the remaining whites, leaving a few white streaks.
- ☐ Scrape the souffl mixture into the prepared baking dish and bake in the center of the oven for 45 minutes, or until browned, puffed and still slightly jiggly in the center.
- ☐ Serve at once.
- ☐ Make Ahead: The souffl base can be prepared through Step 2, without adding the herbs, and refrigerated overnight. Bring the souffl base to room temperature and stir in herbs before

folding in the beaten egg whites.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:11.11, Inflammation Score:-8, Nutrition Score:18.735217550526%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 481.83kcal (24.09%), Fat: 33.96g (52.25%), Saturated Fat: 20.31g (126.91%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.85g (6.85%), Sugar: 6.65g (7.39%), Cholesterol: 262.26mg (87.42%), Sodium: 632.32mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Phosphorus: 431.9mg (43.19%), Vitamin B2: 0.73mg (43.08%), Selenium: 26.94µg (38.49%), Calcium: 333.08mg (33.31%), Vitamin A: 1658.06IU (33.16%), Copper: 0.49mg (24.53%), Vitamin B12: 1.32µg (22%), Vitamin K: 22.26µg (21.2%), Vitamin D: 2.81µg (18.73%), Iron: 3.14mg (17.42%), Vitamin B5: 1.72mg (17.21%), Vitamin B1: 0.26mg (17.18%), Vitamin B6: 0.34mg (17.06%), Folate: 65.72µg (16.43%), Zinc: 2.12mg (14.13%), Manganese: 0.28mg (13.93%), Magnesium: 40.31mg (10.08%), Potassium: 339.41mg (9.7%), Vitamin B3: 1.46mg (7.29%), Vitamin E: 1.06mg (7.1%), Vitamin C: 2.8mg (3.39%), Fiber: 0.57g (2.3%)