



## Goat Cheese and Herb Souffles

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 2 tablespoons butter ()
- ☐ 1 pinch of cayenne pepper
- ☐ 4 large egg whites
- ☐ 3 large egg yolks
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup goat cheese fresh crumbled soft (such as Montrachet)
- ☐ 0.3 teaspoon ground pepper black

- ☐ 7 tablespoons parmesan cheese   grated
- ☐ 0.5 cup onion   red chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup milk   whole

## Equipment

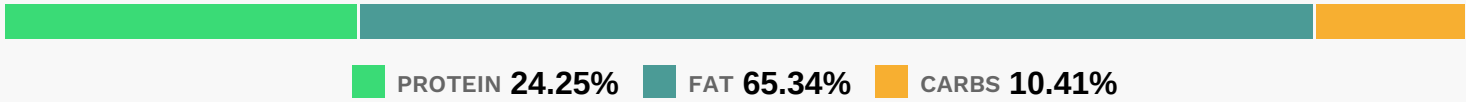
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 350°F. Butter six 3/4-cup soufflé dishes.
- ☐ Place 1 tablespoon Parmesan in each dish; rotate dishes to coat with cheese, leaving excess in dishes.
- ☐ Place dishes on baking sheet.
- ☐ Whisk milk and yolks in bowl to blend.
- ☐ Melt butter in saucepan over medium-high heat.
- ☐ Add onion, thyme, and rosemary; sauté 3 minutes.
- ☐ Add flour; whisk 1 minute.
- ☐ Whisk in milk mixture.
- ☐ Whisk soufflé base until thick and bubbling, about 2 minutes.
- ☐ Remove pan from heat.
- ☐ Add 1/2 cup goat cheese, salt, black pepper, and cayenne pepper; whisk until cheese melts. Beat whites in bowl until stiff but not dry. Fold 1/4 of whites into base in pan.
- ☐ Sprinkle remaining 1/2 cup goat cheese and 1 tablespoon Parmesan over. Fold in remaining whites in 2 additions. Divide mixture among dishes.

- ☐ Bake soufflés until puffed and beginning to brown on top, about 20 minutes.
- ☐ Serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:49.83, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:8.2886955167936%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 230.53kcal (11.53%), Fat: 16.73g (25.75%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.59g (2.03%), Sugar: 2.6g (2.89%), Cholesterol: 127.97mg (42.66%), Sodium: 614.87mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin B2: 0.37mg (21.66%), Phosphorus: 209.76mg (20.98%), Selenium: 13.82µg (19.74%), Vitamin A: 816.03IU (16.32%), Calcium: 161.29mg (16.13%), Copper: 0.3mg (15.19%), Vitamin B6: 0.17mg (8.58%), Vitamin B12: 0.51µg (8.48%), Vitamin B5: 0.72mg (7.21%), Iron: 1.22mg (6.79%), Zinc: 0.98mg (6.56%), Vitamin D: 0.98µg (6.5%), Folate: 25.78µg (6.44%), Vitamin B1: 0.09mg (5.85%), Manganese: 0.11mg (5.29%), Magnesium: 17.52mg (4.38%), Potassium: 141.32mg (4.04%), Vitamin E: 0.5mg (3.3%), Vitamin B3: 0.41mg (2.06%), Vitamin C: 1.65mg (2%), Fiber: 0.41g (1.63%), Vitamin K: 1.59µg (1.51%)