



## Goat Cheese Souffles in Phyllo Cups with Frisée Salad

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 large eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons chives fresh chopped
- ☐ 8 cups salad leaves curly endive
- ☐ 0.7 cup goat cheese crumbled soft
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.5 cup parmesan finely grated
- ☐ 12 inch sheets dough frozen thawed (17- by 12-inch)
- ☐ 6 radishes very thin cut into wedges
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 0.8 cup milk whole

## Equipment

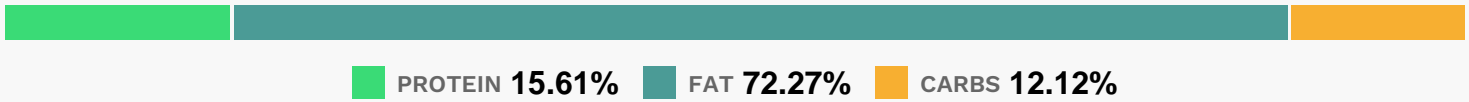
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper
- ☐ kitchen towels
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Cover stack of phyllo with 2 overlapping sheets of plastic wrap and a dampened kitchen towel. Put 1 phyllo sheet on a work surface and brush with some butter, then top with 2 more sheets of phyllo, brushing each with butter.
- ☐ Cut buttered stack into 6 (4 1/2-inch) squares with a sharp knife, trimming sides as needed. Line each of 6 muffin cups with a square. Make 6 more phyllo cups (4 are extra, in case of breakage) in same manner with remaining pastry sheets and butter.
- ☐ Bake cups in middle of oven until golden, about 8 minutes, then cool completely in pan on a rack.

- ☐ Increase oven temperature to 400°F.
- ☐ While cups are cooling, melt butter in a 3-quart heavy saucepan over moderately low heat, then whisk in flour. Cook roux, whisking, 3 minutes.
- ☐ Add milk in a stream, whisking, and bring to a boil, whisking. Reduce heat and simmer, whisking occasionally, 5 minutes.
- ☐ Remove from heat and whisk in mustard, yolks, and 1/4 cup Parmigiano-Reggiano until combined, then fold in goat cheese. (Cover surface of mixture with wax paper if not using immediately.)
- ☐ Beat egg whites in a large bowl with an electric mixer until they just hold stiff peaks. Fold one third of whites into sauce to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Spoon batter into 8 phyllo cups and sprinkle with remaining Parmigiano-Reggiano.
- ☐ Bake in middle of oven until soufflés are puffed and golden, about 15 minutes.
- ☐ Whisk together vinegar, mustard, and salt in a bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Just before soufflés are ready, toss frisée and radishes in a large bowl with just enough dressing to coat. Mound salad onto 8 plates and sprinkle with chives, then make a small nest in center of each.
- ☐ Place a soufflé cup in each salad and serve immediately.
- ☐ • Phyllo cups can be made 1 day ahead and kept in pan, carefully wrapped in plastic wrap, at room temperature. (Extra phyllo cups can be filled with ice cream or fruit for dessert the next day.) • Soufflé filling (without egg whites) can be made 1 day ahead and chilled, covered. Bring to room temperature and stir (to loosen) before proceeding.

## Nutrition Facts



## Properties

Glycemic Index:40.88, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:16.849130423173%

## Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.36mg,

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 240.18kcal (12.01%), Fat: 19.55g (30.08%), Saturated Fat: 7.71g (48.16%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.13g (1.87%), Sugar: 1.83g (2.03%), Cholesterol: 69.72mg (23.24%), Sodium: 322.01mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Vitamin K: 157.42µg (149.92%), Vitamin A: 3344.59IU (66.89%), Calcium: 189.86mg (18.99%), Folate: 72.47µg (18.12%), Vitamin E: 2.67mg (17.81%), Phosphorus: 171.37mg (17.14%), Vitamin C: 13.1mg (15.88%), Copper: 0.31mg (15.43%), Vitamin B2: 0.26mg (15.17%), Manganese: 0.29mg (14.38%), Selenium: 8.27µg (11.81%), Vitamin B5: 1.05mg (10.48%), Fiber: 2.24g (8.96%), Potassium: 291.78mg (8.34%), Iron: 1.39mg (7.71%), Vitamin B6: 0.15mg (7.35%), Magnesium: 27.44mg (6.86%), Vitamin B1: 0.1mg (6.8%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.87mg (5.79%), Vitamin D: 0.66µg (4.41%), Vitamin B3: 0.67mg (3.35%)