



Goat Cheese, Sun-Dried Tomato, and Roasted Garlic Souffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon cream of tartar
- ☐ 4 tablespoons breadcrumbs plain dry
- ☐ 6 large egg whites
- ☐ 4 large egg yolk
- ☐ 2.5 teaspoons thyme sprigs fresh chopped

- ☐ 6 large garlic clove
- ☐ 1 cup goat cheese fresh crumbled
- ☐ 0.8 teaspoon pepper black
- ☐ 1.3 cups milk 1% low-fat ()
- ☐ 0.5 cup sun-dried olives drained finely chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon salt

Equipment

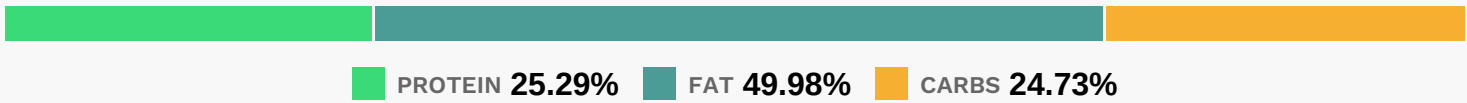
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine garlic and oil in small custard cup. Cover with foil.
- ☐ Bake until garlic is very tender, about 35 minutes. Cool slightly.
- ☐ Add 1 teaspoon salt and 3/4 teaspoon pepper to custard cup and mash to paste. Maintain oven temperature.
- ☐ Spray four 2-cup soufflé dishes with nonstick spray.
- ☐ Sprinkle each with 1 tablespoon breadcrumbs, coating bottom and sides; place dishes on baking sheet. Melt butter in medium saucepan over medium heat.
- ☐ Add flour; whisk until smooth, about 1 minute. Gradually add milk, whisking constantly until mixture boils, thickens, and is smooth, about 2 minutes. Stir in tomatoes, thyme, and garlic mixture.
- ☐ Remove soufflé base from heat.

- ☐
- Whisk egg yolks in large bowl to blend. Gradually whisk in hot soufflé base, then fold in goat cheese. Using electric mixer, beat egg whites in another large bowl until foamy.
- ☐
- Add cream of tartar; beat until stiff but not dry. Fold whites into soufflé mixture in 4 additions. Divide among prepared dishes.
- ☐
- Bake soufflés until puffed and golden, about 25 minutes.
- ☐
- Serve immediately.
- ☐
- Per serving: calories, 310; total fat, 18 g; saturated fat, 8 g; cholesterol, 238 mg; fiber, 1 g
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:4.39, Inflammation Score:-9, Nutrition Score:19.820434777633%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 393.72kcal (19.69%), Fat: 22.12g (34.03%), Saturated Fat: 12.45g (77.82%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 22.02g (8.01%), Sugar: 10.46g (11.62%), Cholesterol: 220.92mg (73.64%), Sodium: 1020.82mg (44.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Vitamin B2: 0.76mg (44.98%), Selenium: 27.8µg (39.71%), Phosphorus: 374.11mg (37.41%), Copper: 0.69mg (34.64%), Manganese: 0.59mg (29.57%), Vitamin A: 1245.4IU (24.91%), Calcium: 247.84mg (24.78%), Potassium: 773.55mg (22.1%), Vitamin B1: 0.32mg (21.51%), Iron: 3.83mg (21.3%), Vitamin B6: 0.37mg (18.44%), Vitamin B5: 1.65mg (16.54%), Vitamin B12: 0.97µg (16.25%), Folate: 62.86µg (15.72%), Magnesium: 59.88mg (14.97%), Vitamin D: 1.96µg (13.04%), Vitamin B3: 2.57mg (12.86%), Zinc: 1.77mg (11.83%), Vitamin C: 8.8mg (10.66%), Fiber: 2.61g (10.43%), Vitamin K: 9.34µg (8.89%), Vitamin E: 0.8mg (5.33%)