



Goat's cheese, spring onion & parsley soufflés

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter for greasing
- ☐ 25 g flour plain
- ☐ 200 ml milk
- ☐ 1 bunch parsley generous finely chopped
- ☐ 1 bunch spring onion finely chopped
- ☐ 150 g pack goat's cheese chopped
- ☐ 3 eggs separated
- ☐ 4 tbsp parmesan freshly grated

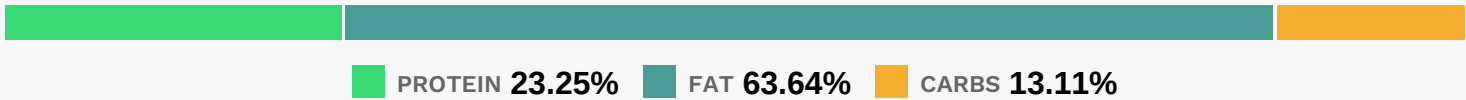
Equipment

- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter four 200ml ramekins or ovenproof dishes, or six 150ml ones. Set the dishes on a baking tray to make them easier to remove from the oven. Melt the butter in a heavy-based pan, stir in the flour and cook, stirring, for 1 min. Slowly mix in the milk to make a thick sauce. Simmer for 2 mins to cook the flour.
- ☐ Remove from the heat and stir in the parsley, spring onions, goats cheese, egg yolks, threequarters of the parmesan and seasoning.
- ☐ Whisk the egg whites until they are stiff, then fold into the sauce in three batches, cutting through the mixture each time to incorporate the egg white without losing too much air from the mix. Divide between the prepared dishes and sprinkle with the remaining parmesan.
- ☐ Bake for 20 mins for the small dishes and 25 mins for the larger ones until risen and golden.
- ☐ Serve without delay.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:17.435217432354%

Flavonoids

Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 271.34kcal (13.57%), Fat: 19.24g (29.6%), Saturated Fat: 11.52g (72.01%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.13g (2.96%), Sugar: 3.26g (3.62%), Cholesterol: 163.04mg (54.35%), Sodium: 333.81mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.63%), Vitamin K: 247.59µg (235.8%), Vitamin A: 2104.59IU (42.09%), Phosphorus: 266.86mg (26.69%), Vitamin B2: 0.43mg (25.46%), Vitamin C: 20.08mg (24.34%), Selenium: 15.52µg (22.17%), Calcium: 220.03mg (22%), Copper: 0.34mg (16.78%), Iron: 2.59mg (14.41%), Folate: 57.49µg (14.37%), Vitamin B12: 0.71µg (11.9%), Vitamin B5: 1.07mg (10.72%), Vitamin B6: 0.21mg (10.26%), Vitamin D: 1.4µg (9.35%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.34mg (8.97%), Magnesium: 28.17mg (7.04%), Potassium: 240.93mg (6.88%), Manganese: 0.12mg (6.24%), Vitamin E: 0.74mg (4.93%), Vitamin B3: 0.84mg (4.22%), Fiber: 0.8g (3.18%)