



## Grand Marnier Soufflé with Vanilla Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon butter
- 0.5 teaspoon cream of tartar
- 5 large egg whites
- 2 large egg yolk lightly beaten
- 3 large egg yolk lightly beaten
- 3 tablespoons flour all-purpose
- 3 tablespoons grand marnier orange-flavored ( liqueur)
- 0.7 cup milk 2% reduced-fat

- 0.1 teaspoon salt
- 1 Dash salt
- 0.3 cup sugar
- 1 tablespoon sugar
- 2 tablespoons sugar
- 2.5 tablespoons sugar
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 1 cup milk whole
- 6 servings frangelico
- 6 servings frangelico

## Equipment

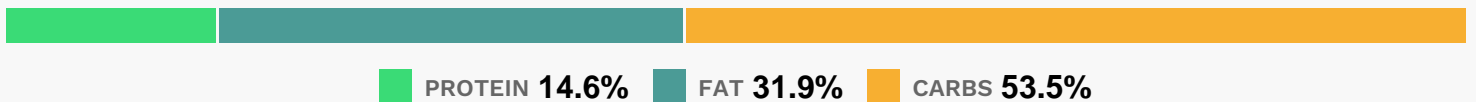
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- baking pan

## Directions

- To prepare sauce, place 2 egg yolks in a medium bowl.
- Combine whole milk and 2 1/2 tablespoons sugar in a small, heavy saucepan over medium heat; heat to 180 or until tiny bubbles form around edge (do not boil).
- Gradually add hot milk mixture to 2 egg yolks, stirring constantly with a whisk. Return mixture to pan; cook over medium heat until thick and bubbly (about 3 minutes), stirring constantly.
- Remove from heat. Stir in 1 teaspoon vanilla and dash of salt.
- Pour into a glass bowl; cover and chill.

- Preheat oven to 37
- To prepare souffl, coat a 1 1/2-quart souffl dish with cooking spray; sprinkle with 1 tablespoon sugar.
- Place 3 egg yolks in a medium bowl; set aside.
- Place flour in a small, heavy saucepan; gradually add 2% milk, stirring with a whisk. Stir in 1/4 cup sugar; add butter. Cook over medium heat until thick (about 5 minutes), stirring constantly. Gradually add hot milk mixture to 3 egg yolks, stirring constantly with a whisk. Return mixture to pan; cook over medium heat until thick and bubbly (about 3 minutes), stirring constantly. Stir in liqueur and 2 teaspoons vanilla; cook 1 minute, stirring constantly.
- Remove from heat.
- Place egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into milk mixture; gently fold in remaining egg white mixture.
- Spoon into prepared souffl dish.
- Place souffl dish in a 9-inch square baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 375 for 30 minutes or until puffy and set. Spoon about 3 tablespoons sauce over each serving.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:73.89, Glycemic Load:16.29, Inflammation Score:-2, Nutrition Score:6.2565217910577%

## Nutrients (% of daily need)

Calories: 231.75kcal (11.59%), Fat: 7.64g (11.75%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 28.71g (10.44%), Sugar: 25.53g (28.37%), Cholesterol: 164.99mg (55%), Sodium: 151.32mg (6.58%), Alcohol: 2.64g (100%), Alcohol %: 2.32% (100%), Protein: 7.87g (15.73%), Selenium: 16.3µg (23.28%), Vitamin B2: 0.33mg (19.17%), Phosphorus: 129.77mg (12.98%), Vitamin B12: 0.66µg (11.06%), Calcium: 103.35mg (10.34%), Vitamin D: 1.21µg (8.08%), Folate: 30.03µg (7.51%), Vitamin B5: 0.74mg (7.41%), Vitamin A: 355.22IU (7.1%), Potassium: 209.41mg (5.98%), Vitamin B1: 0.09mg (5.94%), Zinc: 0.66mg (4.42%), Vitamin B6: 0.09mg (4.4%), Iron: 0.61mg (3.42%), Magnesium: 12.84mg (3.21%), Vitamin E: 0.45mg (3%), Manganese: 0.05mg (2.45%), Vitamin B3:

0.34mg (1.7%), Copper: 0.03mg (1.55%)