



Grand Marnier Souffles

READY IN



45 min.

SERVINGS



2

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings chocolate sauce
- 0.1 teaspoon cream of tartar
- 1 eggs separated
- 1 teaspoon flour all-purpose
- 2 teaspoons grand marnier orange-flavored
- 0.5 teaspoon powdered sugar
- 1 tablespoon skim milk
- 2 tablespoons sugar divided

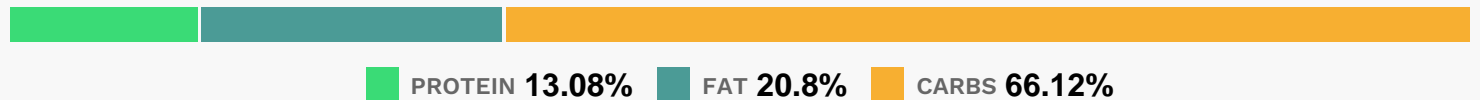
Equipment

- bowl
- sauce pan
- oven
- hand mixer

Directions

- Coat 2 (8-ounce) souffle dishes or custard cups with cooking spray.
- Sprinkle dishes evenly with 1 tablespoon sugar, carefully shaking to coat bottom and sides of each dish; set aside.
- Combine milk, flour, and remaining 1 tablespoon sugar in a small saucepan. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- Remove from heat. Stir in liqueur.
- Beat egg yolk until thick and pale. Gradually stir hot mixture into egg yolk.
- Beat egg white, powdered sugar, and cream of tartar in a medium bowl at high speed of an electric mixer until stiff peaks form. Gently fold egg white mixture into milk mixture. Spoon evenly into prepared dishes.
- Bake at 375 for 15 minutes or until souffles are puffed. Spoon Chocolate Sauce evenly over souffles, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:89.17, Glycemic Load:9.05, Inflammation Score:-1, Nutrition Score:2.544782616522%

Nutrients (% of daily need)

Calories: 105.18kcal (5.26%), Fat: 2.25g (3.46%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 16.04g (5.83%), Sugar: 14.89g (16.54%), Cholesterol: 82.07mg (27.36%), Sodium: 38.42mg (1.67%), Alcohol: 1.3g (100%), Alcohol %: 3.35% (100%), Protein: 3.18g (6.37%), Selenium: 7.36µg (10.51%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 53.94mg (5.39%), Vitamin B12: 0.24µg (4%), Vitamin B5: 0.37mg (3.7%), Vitamin D: 0.52µg

(3.48%), Folate: 12.36µg (3.09%), Vitamin A: 134.12IU (2.68%), Iron: 0.46mg (2.56%), Calcium: 23.05mg (2.31%), Potassium: 79.48mg (2.27%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (2.12%), Vitamin E: 0.26mg (1.72%), Vitamin B1: 0.02mg (1.43%), Copper: 0.02mg (1.21%), Magnesium: 4.39mg (1.1%)