



WHATSheATE



Grand Marnier Soufflés

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 small amaretti cookies
- ☐ 4 tablespoons butter softened for coating ramekins ()
- ☐ 5 large egg whites
- ☐ 4 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons grand marnier
- ☐ 0.5 cup sugar
- ☐ 0.5 vanilla pod
- ☐ 1.3 cups milk whole

Equipment

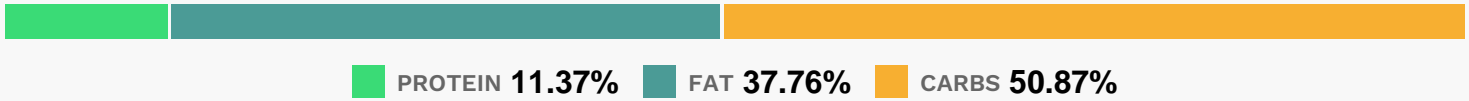
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 375°F. Generously butter ramekins and coat with sugar, knocking out excess. Bring large saucepan of water to boil.
- ☐ In small bowl, stir together 4 tablespoons butter and flour to form paste.
- ☐ In second small bowl, stir together Grand Marnier and simple syrup.
- ☐ Add cookies, tossing lightly to coat, and let soak while preparing remaining ingredients.
- ☐ Transfer milk to large saucepan. Split 1/2 vanilla bean lengthwise and scrape seeds into milk.
- ☐ Add bean. Set over moderate heat and bring to boil.
- ☐ Remove from heat and whisk in butter-flour mixture. Return to moderate heat and cook, whisking consistently, until thickened and smooth, about 2 minutes.
- ☐ Remove from heat and whisk in egg yolks and 1 egg white.
- ☐ Transfer soufflé base to large bowl and discard vanilla bean.
- ☐ In second large bowl, using electric mixer, beat remaining 4 egg whites just until soft peaks form. Gradually beat in 1/2 cup sugar.
- ☐ Whisk 1/4 of beaten egg whites into soufflé base to lighten. Gently but thoroughly fold in remaining whites.
- ☐ Spoon 1/2 of batter into ramekins, filling each halfway. (Alternatively, spoon batter into large pastry bag and pipe into ramekins.)

- ☐
- Transfer 2 soaked cookies to each ramekin. Top with remaining batter. Arrange ramekins at least 1 1/2 inches apart in large baking pan and add enough hot water to pan to reach 2/3 up sides of ramekins.
- ☐
- Bake soufflés until puffed and golden, 20 to 25 minutes.
- ☐
- Remove pan from oven and transfer ramekins to rack. Sift confectioners' sugar over, then transfer ramekins to dessert plates. With 2 forks, pull open center of each soufflé and pour some crème anglaise into opening.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:18.29, Inflammation Score:-3, Nutrition Score:6.492173915324%

Nutrients (% of daily need)

Calories: 317.08kcal (15.85%), Fat: 13.11g (20.17%), Saturated Fat: 6.92g (43.28%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 39.04g (14.2%), Sugar: 29.79g (33.1%), Cholesterol: 148.57mg (49.52%), Sodium: 164.79mg (7.16%), Alcohol: 1.3g (100%), Alcohol %: 1.15% (100%), Protein: 8.89g (17.77%), Selenium: 16.55µg (23.65%), Vitamin B2: 0.31mg (18.18%), Phosphorus: 113.46mg (11.35%), Vitamin A: 479.02IU (9.58%), Folate: 36.99µg (9.25%), Vitamin B12: 0.54µg (8.94%), Vitamin B1: 0.13mg (8.8%), Calcium: 83.09mg (8.31%), Vitamin D: 1.17µg (7.81%), Vitamin B5: 0.64mg (6.37%), Iron: 0.98mg (5.44%), Potassium: 148.65mg (4.25%), Manganese: 0.08mg (4.19%), Vitamin B6: 0.08mg (3.85%), Zinc: 0.56mg (3.75%), Vitamin E: 0.54mg (3.6%), Vitamin B3: 0.71mg (3.56%), Magnesium: 12.32mg (3.08%), Fiber: 0.7g (2.8%), Copper: 0.03mg (1.69%)