



Grits-and-Cheese Souffles

 Vegetarian  Gluten-Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups baby arugula
- ☐ 2 large egg yolks plus 4 egg whites at room temperature
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1.5 cups regular corn frozen thawed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 ounces cream cheese at room temperature reduced-fat
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.5 ounce parmesan cheese finely grated plus more for the ramekins

- ☐ 0.8 cup quick-cooking grits
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Mix the grits and 1 1/2 cups water in a large microwave-safe bowl and microwave until thickened, about 4 minutes. Stir occasionally until slightly cooled. Meanwhile, coat four 10-ounce ramekins with cooking spray and sprinkle with parmesan; tap out the excess.
- ☐ Place the ramekins on a baking sheet.
- ☐ Combine the cooled grits, corn, cream cheese, egg yolks, thyme, 1/2 cup parmesan and 1/4 teaspoon each salt and pepper in a blender. Puree until smooth, stopping the motor to stir by hand if needed (the mixture will be thick).
- ☐ Transfer to a large bowl.
- ☐ In a separate bowl, beat the egg whites and 1/2 teaspoon vinegar until medium peaks form. Fold one-quarter of the whites into the grits mixture, then fold in the rest.
- ☐ Pour the batter into the prepared ramekins.
- ☐ Bake until puffed and golden, 20 to 25 minutes. Toss the arugula with the remaining 1 tablespoon vinegar, the olive oil, and salt and pepper to taste.
- ☐ Serve with the souffles.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **13.37%**  FAT **25.82%**  CARBS **60.81%**

Properties

Glycemic Index:19.25, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:12.546956590984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 245.27kcal (12.26%), Fat: 7.48g (11.51%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 36.02g (13.1%), Sugar: 1.77g (1.96%), Cholesterol: 102.54mg (34.18%), Sodium: 322.89mg (14.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Vitamin K: 33.58µg (31.98%), Folate: 112.13µg (28.03%), Vitamin A: 969.6IU (19.39%), Phosphorus: 193.49mg (19.35%), Vitamin B1: 0.26mg (17.31%), Vitamin B2: 0.26mg (15.15%), Fiber: 3.61g (14.46%), Manganese: 0.28mg (13.76%), Magnesium: 51.25mg (12.81%), Vitamin B3: 2.5mg (12.49%), Vitamin B6: 0.25mg (12.42%), Iron: 2.22mg (12.33%), Vitamin C: 9.77mg (11.85%), Calcium: 117.23mg (11.72%), Potassium: 388.48mg (11.1%), Selenium: 7.15µg (10.22%), Zinc: 1.27mg (8.47%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.34µg (5.73%), Copper: 0.1mg (5.03%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.52µg (3.46%)