



Gruyère and Parmesan Cheese Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 1 pinch cayenne pepper
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 large egg whites
- ☐ 6 large egg yolks
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.3 cups coarsely gruyère cheese packed grated () (6 ounces)

- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 6 servings parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 1.3 cups milk whole

Equipment

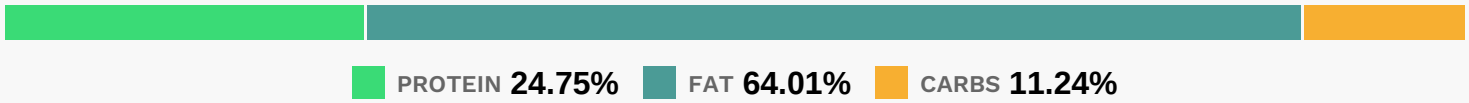
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ oven mitt

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Generously butter one 10-cup soufflé dish or six 1 1/4-cup soufflé dishes; sprinkle with Parmesan cheese to coat. (If using 1 1/4-cup dishes, place all 6 on rimmed baking sheet.) Melt butter in heavy large saucepan over medium heat.
- ☐ Add flour, cayenne pepper and nutmeg. Cook without browning until mixture begins to bubble, whisking constantly, about 1 minute. Gradually whisk in milk, then wine. Cook until smooth, thick and beginning to boil, whisking constantly, about 2 minutes.
- ☐ Remove from heat.
- ☐ Mix yolks, salt and pepper in small bowl.
- ☐ Add yolk mixture all at once to sauce and whisk quickly to blend. Fold in 1 1/4 cups Gruyère cheese and 1/4 cup Parmesan cheese (cheeses do not need to melt). Using electric mixer, beat whites in large bowl until stiff but not dry. Fold 1/4 of whites into lukewarm soufflé base to lighten. Fold in remaining whites.
- ☐ Transfer soufflé mixture to prepared dish.
- ☐ Sprinkle with remaining 2 tablespoons Gruyère cheese.
- ☐ Place soufflé in oven; reduce heat to 375°F.

Bake soufflé until puffed, golden and gently set in center, about 40 minutes for large soufflé (or 25 minutes for small soufflés). Using oven mitts, transfer soufflé to platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:4.44, Inflammation Score:-6, Nutrition Score:16.156956494664%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 465.44kcal (23.27%), Fat: 32.45g (49.93%), Saturated Fat: 17.98g (112.37%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.59g (4.58%), Sugar: 3.14g (3.49%), Cholesterol: 270.01mg (90%), Sodium: 1343.85mg (58.43%), Alcohol: 1.03g (100%), Alcohol %: 0.65% (100%), Protein: 28.23g (56.46%), Calcium: 672.37mg (67.24%), Selenium: 37.46µg (53.52%), Phosphorus: 518.59mg (51.86%), Vitamin B2: 0.58mg (34.33%), Vitamin B12: 1.56µg (26.05%), Vitamin A: 1127.66IU (22.55%), Zinc: 3.23mg (21.57%), Vitamin D: 1.81µg (12.09%), Vitamin B5: 1.09mg (10.91%), Folate: 43.36µg (10.84%), Magnesium: 36.7mg (9.17%), Vitamin B1: 0.14mg (9.11%), Potassium: 269.81mg (7.71%), Vitamin B6: 0.15mg (7.58%), Vitamin E: 0.94mg (6.3%), Manganese: 0.12mg (6.05%), Iron: 1.04mg (5.76%), Copper: 0.06mg (2.94%), Vitamin B3: 0.55mg (2.74%), Vitamin K: 2.47µg (2.35%)