

 food network

Ham and Cheese Souffle

READY IN



40 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1.5 cups cheddar grated
- ☐ 0.3 pound deli ham diced
- ☐ 3 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups milk warmed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon spicy brown mustard

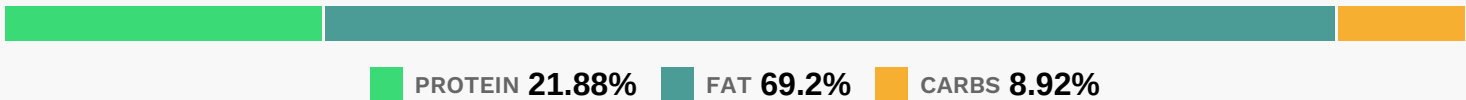
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F. Spray 4 (7-ounce) souffle dishes with nonstick spray.
- ☐ Heat the canola oil over medium-high heat in a medium saucepan.
- ☐ Add the flour whisking constantly for about 3 minutes, do not brown.
- ☐ Whisk in the warm milk until thickened, about 3 more minutes. Turn off heat and let cool slightly.
- ☐ Whisk in the egg yolks, then the cheese, ham (reserve 1/3 cup of the ham for the Round 2 recipe Savory Bread Pudding) and mustard.
- ☐ Let sit and cool slightly while beating the egg whites.
- ☐ In another bowl with an electric mixer, beat the egg whites until soft peaks. Stir 1/4 of the whites into the ham and cheese base mixture to lighten, then fold in the rest of the whites. Fill each ramekin 3/4 of the way (reserve remaining souffle batter for the Round 2 recipe Savory Bread Pudding).
- ☐ Bake until puffed up and lightly browned on top. 15 to 20 minutes.
- ☐ Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.02, Inflammation Score:-5, Nutrition Score:14.312608916636%

Nutrients (% of daily need)

Calories: 448.09kcal (22.4%), Fat: 34.4g (52.92%), Saturated Fat: 12.89g (80.56%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.67g (3.51%), Sugar: 4.79g (5.32%), Cholesterol: 76.79mg (25.6%), Sodium: 1133.71mg (49.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.93%), Selenium: 30.44µg (43.49%), Calcium: 419.9mg (41.99%), Phosphorus: 381.22mg (38.12%), Vitamin B2: 0.54mg (31.51%), Vitamin B1: 0.34mg (22.86%), Vitamin B12: 1.21µg (20.12%), Zinc: 2.88mg (19.19%), Vitamin E: 2.35mg (15.69%), Vitamin B6: 0.23mg (11.75%), Vitamin A: 575.49IU (11.51%), Vitamin B3: 2.18mg (10.92%), Vitamin D: 1.53µg (10.17%), Potassium: 330.03mg (9.43%), Magnesium: 35.37mg (8.84%), Vitamin K: 8.85µg (8.43%), Vitamin B5: 0.77mg (7.72%), Folate: 21.58µg (5.39%), Iron: 0.74mg (4.11%), Manganese: 0.07mg (3.53%), Copper: 0.06mg (3.15%), Fiber: 0.31g (1.25%)