



## Ham, Corn, and Cheese Soufflé

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon cream of tartar
- 2 teaspoons breadcrumbs dry
- 4 egg whites
- 2 egg yolk
- 0.3 cup flour all-purpose
- 1.5 cups ears corn fresh ( 2 large ears)
- 0.3 cup spring onion thinly sliced
- 0.3 teaspoon ground pepper red
- 3 ounces ham diced

- 2 ounces sharp cheddar cheese shredded reduced-fat
- 0.8 cup skim milk

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender

## Directions

- Coat a 1 1/2-quart souffl dish with cooking spray; sprinkle with breadcrumbs. Set aside.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add corn and green onions; saut 5 minutes or until tender.
- Remove from heat, and stir in ham; set aside.
- Place the flour in a small saucepan. Gradually add milk, stirring with a wire whisk until blended. Cook over medium heat 3 minutes or until thickened, stirring constantly.
- Remove from heat; stir in cheese and pepper.
- Beat egg yolks in a medium bowl at high speed of a mixer until thick and pale (about 5 minutes). Gradually add hot milk mixture to egg yolks, stirring constantly. Stir in the corn mixture, and set aside.
- Beat egg whites (at room temperature) and cream of tartar in a large bowl at high speed of a mixer until stiff peaks form. Gently stir one-fourth of egg white mixture into corn mixture. Gently fold in remaining egg white mixture.
- Pour mixture into prepared souffl dish.
- Bake at 325 for 1 hour or until puffed and golden.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 26.48% ■ FAT 41.08% ■ CARBS 32.44%

## Properties

Glycemic Index:49.81, Glycemic Load:5.29, Inflammation Score:-6, Nutrition Score:13.01434777094%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 252.88kcal (12.64%), Fat: 11.76g (18.09%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 19.3g (7.02%), Sugar: 6.32g (7.03%), Cholesterol: 125.94mg (41.98%), Sodium: 435.24mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Selenium: 24.09µg (34.41%), Phosphorus: 261.12mg (26.11%), Vitamin B2: 0.43mg (25.25%), Vitamin B1: 0.33mg (22.33%), Calcium: 186.36mg (18.64%), Vitamin K: 18.01µg (17.15%), Folate: 62.54µg (15.64%), Vitamin B3: 2.59mg (12.94%), Potassium: 451.67mg (12.9%), Vitamin B12: 0.76µg (12.65%), Vitamin A: 602.3IU (12.05%), Zinc: 1.79mg (11.95%), Vitamin B5: 1.08mg (10.82%), Vitamin B6: 0.21mg (10.68%), Magnesium: 41.26mg (10.32%), Manganese: 0.18mg (9.09%), Vitamin D: 1.23µg (8.17%), Iron: 1.32mg (7.32%), Vitamin C: 5.36mg (6.5%), Fiber: 1.59g (6.38%), Copper: 0.09mg (4.42%), Vitamin E: 0.54mg (3.61%)