



## Herbed Parmesan Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon cream of tartar
- 0.3 cup breadcrumbs dry
- 6 large egg whites
- 1 large egg yolk lightly beaten
- 1 cup milk fat-free
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon ground nutmeg
- 0.1 teaspoon ground pepper red
- 3 ounces parmesan cheese fresh grated

- 2 tablespoons potato flour
- 0.5 teaspoon salt
- 1 tablespoon teaspoon thyme dried fresh chopped

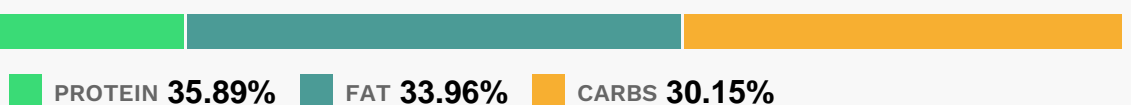
## Equipment

- bowl
- sauce pan
- oven
- whisk
- blender

## Directions

- Preheat oven to 35
- Coat a 1 1/2-quart souffl dish with cooking spray; sprinkle with 1/3 cup dry breadcrumbs.
- Combine potato starch, salt, pepper, and nutmeg in a medium saucepan, and gradually add 1 cup milk, stirring with a whisk. Bring to a boil over medium heat, stirring constantly with a whisk. Cook 1 minute or until thick, stirring constantly (mixture will be thick).
- Remove from heat; stir in cheese, thyme, and parsley. Spoon mixture into a large bowl, and let stand 1 minute.
- Whisk in egg yolk.
- Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg whites into cheese mixture; gently fold in remaining egg whites. Gently spoon mixture into prepared dish.
- Bake at 350 for 35 minutes or until puffed and golden.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.88, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:7.2630434295406%

## Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 130.88kcal (6.54%), Fat: 4.88g (7.5%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 9.11g (3.31%), Sugar: 2.91g (3.24%), Cholesterol: 41.46mg (13.82%), Sodium: 539.67mg (23.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Calcium: 246.32mg (24.63%), Selenium: 13.74µg (19.63%), Phosphorus: 174.28mg (17.43%), Vitamin B2: 0.29mg (17.2%), Vitamin K: 11.62µg (11.07%), Vitamin B12: 0.51µg (8.55%), Vitamin A: 363.83IU (7.28%), Vitamin B1: 0.1mg (6.68%), Potassium: 198.7mg (5.68%), Magnesium: 21.57mg (5.39%), Zinc: 0.78mg (5.21%), Manganese: 0.1mg (4.83%), Vitamin D: 0.67µg (4.49%), Iron: 0.8mg (4.44%), Vitamin B5: 0.41mg (4.11%), Vitamin B6: 0.08mg (4.08%), Folate: 15.97µg (3.99%), Vitamin C: 2.89mg (3.5%), Vitamin B3: 0.65mg (3.24%), Fiber: 0.63g (2.53%), Copper: 0.04mg (2.2%)