



Hot Cocoa Souffle

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cocoa powder
- 2 tablespoons butter
- 5 eggs
- 1.5 cups skim milk fat-free
- 6 tablespoons flour all-purpose
- 0.3 teaspoon salt
- 4 teaspoons sugar divided
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- sauce pan
- oven
- whisk
- spatula

Directions

- Separate eggs; let stand at room temperature for 30 minutes. Coat a 2-qt. souffle dish with cooking spray and lightly sprinkle with 4 teaspoons sugar; set aside.
- In a small saucepan, combine the cocoa, flour, salt and remaining sugar. Gradually whisk in milk. Bring to a boil, stirring constantly. Cook and stir 1-2 minutes longer or until thickened. Stir in butter.
- Transfer to a large bowl.
- Stir a small amount of hot mixture into egg yolks; return all to the bowl, stirring constantly.
- Add vanilla; cool slightly.
- In another large bowl with clean beaters, beat egg whites until stiff peaks form. With a spatula, stir a fourth of the egg whites into chocolate mixture until no white streaks remain. Fold in remaining egg whites until combined.
- Transfer to prepared dish.
- Bake at 350° for 40-45 minutes or until the top is puffed and center appears set.
- Serve immediately.

Nutrition Facts



PROTEIN 20.45% **FAT 43.15%** **CARBS 36.4%**

Properties

Glycemic Index:38.06, Glycemic Load:7, Inflammation Score:-5, Nutrition Score:9.7117392343024%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 163.51kcal (8.18%), Fat: 8.39g (12.9%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 13.06g (4.75%), Sugar: 6.17g (6.85%), Cholesterol: 148.27mg (49.42%), Sodium: 205.85mg (8.95%), Alcohol: 0.34g (100%), Alcohol %: 0.36% (100%), Caffeine: 16.48mg (5.49%), Protein: 8.94g (17.88%), Selenium: 16.11µg (23.02%), Phosphorus: 200.02mg (20%), Vitamin B2: 0.31mg (17.95%), Manganese: 0.34mg (17.04%), Copper: 0.31mg (15.55%), Magnesium: 49.38mg (12.34%), Vitamin B12: 0.69µg (11.49%), Fiber: 2.85g (11.42%), Calcium: 113mg (11.3%), Iron: 1.99mg (11.06%), Vitamin D: 1.41µg (9.38%), Vitamin A: 439.57IU (8.79%), Folate: 34.62µg (8.65%), Zinc: 1.29mg (8.63%), Vitamin B5: 0.84mg (8.37%), Potassium: 272.52mg (7.79%), Vitamin B1: 0.11mg (7.58%), Vitamin B6: 0.11mg (5.5%), Vitamin B3: 0.7mg (3.53%), Vitamin E: 0.5mg (3.37%)