

# Kirsch and Tart Cherry Souffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons flour
- 0.5 cup cherries dried
- 0.5 smucker's cherry preserves whole
- 5 large egg whites
- 4 egg yolk
- 6 servings almond flour finely
- 0.3 teaspoon ground cinnamon
- 3 tablespoons brandy (clear cherry brandy)

- 0.8 cup milk
- 1 pinch salt
- 0.3 cup sugar
- 2 tablespoons butter unsalted ()
- 2 teaspoons vanilla extract
- 0.5 cup whipping cream chilled

## Equipment

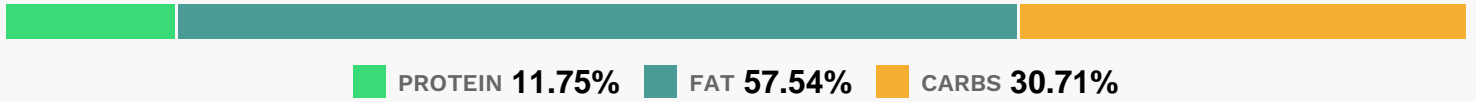
- bowl
- sauce pan
- oven
- whisk

## Directions

- Mix preserves and 1 tablespoon kirsch in small bowl; set mixture aside.
- Combine cream, sugar, vanilla and remaining 1 tablespoon kirsch in medium bowl. Beat to soft peaks. Cover and refrigerate whipped cream. (Can be prepared 6 hours ahead.)
- Preheat oven to 400°F. Butter six 1 1/4-cup soufflé dishes.
- Sprinkle with almonds or sugar.
- Place flour in heavy large saucepan. Gradually whisk in milk.
- Mix in 1/3 cup sugar, then cherries. Bring to boil, stirring constantly.
- Remove from heat.
- Mix in yolks 1 at a time.
- Add butter and stir until melted.
- Mix in kirsch, vanilla and cinnamon. (Soufflé base can be prepared 2 hours ahead. Press plastic onto surface and let stand at room temperature. Before continuing, reheat over low heat until barely warm, stirring constantly.)
- Beat whites and salt in large bowl until soft peaks form.
- Add remaining tablespoons sugar and beat until stiff but not dry.

- Mix 1/4 of whites into soufflé base. Gently fold in remaining whites. Divide among prepared dishes.
- Place in oven and reduce temperature to 375°F.
- Bake soufflés until firm to touch and tops are brown, about 18 minutes.
- Serve immediately, topping each with dollop of whipped cream and spoonful of cherry preserves mixture.

## Nutrition Facts



### Properties

Glycemic Index:46.68, Glycemic Load:10.75, Inflammation Score:-4, Nutrition Score:5.9439130606859%

### Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 263.06kcal (13.15%), Fat: 15.74g (24.22%), Saturated Fat: 8.72g (54.49%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 18.4g (6.69%), Sugar: 15.13g (16.81%), Cholesterol: 165.71mg (55.24%), Sodium: 75.74mg (3.29%), Alcohol: 2.96g (100%), Alcohol %: 2.87% (100%), Protein: 7.23g (14.47%), Selenium: 14.78µg (21.12%), Vitamin B2: 0.29mg (17.13%), Vitamin A: 638.23IU (12.76%), Phosphorus: 101.27mg (10.13%), Vitamin D: 1.37µg (9.14%), Vitamin B12: 0.46µg (7.72%), Calcium: 74.4mg (7.44%), Folate: 26.89µg (6.72%), Vitamin B5: 0.62mg (6.21%), Vitamin B1: 0.08mg (5.11%), Potassium: 155.93mg (4.46%), Vitamin E: 0.63mg (4.19%), Vitamin B6: 0.08mg (3.85%), Iron: 0.64mg (3.56%), Zinc: 0.5mg (3.35%), Manganese: 0.06mg (3.22%), Magnesium: 11.07mg (2.77%), Fiber: 0.49g (1.98%), Copper: 0.03mg (1.74%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.42µg (1.35%), Vitamin C: 0.93mg (1.13%)