



Lemon-Almond Soufflés

 Vegetarian

READY IN



36 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds lightly toasted sliced
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 large egg whites
- ☐ 2 large egg yolk
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar divided
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 0.8 cup buttermilk low-fat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ Place a baking sheet in oven. Preheat oven to 425
- ☐ Lightly coat 6 (8-ounce) ramekins with cooking spray; sprinkle evenly with 2 tablespoons sugar, tilting dishes to coat sides completely.
- ☐ Combine 1/4 cup sugar and egg yolks in a large bowl; beat with a mixer at high speed until thick and pale (about 2 minutes).
- ☐ Add 3/4 cup buttermilk and next 4 ingredients (through flour); beat at medium speed just until blended.
- ☐ Combine egg whites and cream of tartar in a large bowl; let stand at room temperature 15 minutes. Using clean dry beaters, beat with a mixer at high speed until soft peaks form. Gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until medium peaks form.
- ☐ Gently stir one-fourth of egg whites into lemon mixture; gently fold in remaining egg whites. Gently spoon mixture into prepared ramekins. Sharply tap dishes 2 or 3 times on counter to level.
- ☐ Sprinkle evenly with almonds.
- ☐ Place dishes on preheated baking sheet; return baking sheet to 425 oven. Immediately reduce oven temperature to 350; bake souffls at 350 for 20 minutes or until puffy and lightly browned.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN 14.22%  FAT 35.55%  CARBS 50.23%

Properties

Glycemic Index:34.18, Glycemic Load:14.55, Inflammation Score:-2, Nutrition Score:5.4952174217805%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 190.28kcal (9.51%), Fat: 7.72g (11.87%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 23.77g (8.64%), Sugar: 18.9g (21%), Cholesterol: 72.43mg (24.14%), Sodium: 132.54mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Selenium: 12.46µg (17.81%), Vitamin B2: 0.3mg (17.53%), Vitamin E: 1.28mg (8.51%), Vitamin C: 6.84mg (8.29%), Phosphorus: 80.15mg (8.02%), Manganese: 0.13mg (6.66%), Folate: 25.29µg (6.32%), Calcium: 58.97mg (5.9%), Potassium: 197.2mg (5.63%), Vitamin B1: 0.07mg (4.95%), Magnesium: 19.77mg (4.94%), Vitamin A: 213.79IU (4.28%), Vitamin B5: 0.38mg (3.82%), Vitamin B12: 0.21µg (3.57%), Iron: 0.62mg (3.43%), Copper: 0.07mg (3.35%), Fiber: 0.77g (3.07%), Zinc: 0.44mg (2.92%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.05mg (2.37%), Vitamin D: 0.31µg (2.04%)