



## Lemon-Scented Broccoli Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 0.8 pound broccoli finely chopped
- 6 large egg whites
- 3 large egg yolks
- 0.3 cup flour all-purpose
- 1 garlic clove minced
- 1 tablespoon lemon rind grated
- 1.5 cups milk 1% low-fat
- 0.8 teaspoon salt

0.3 cup cup heavy whipping cream fat-free sour

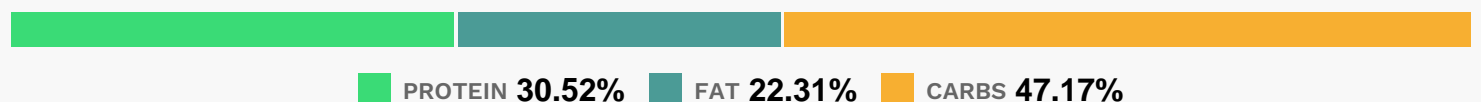
## Equipment

- bowl
- paper towels
- sauce pan
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 32
- Cook broccoli in boiling water 4 minutes or until tender.
- Drain. Cool to room temperature on paper towels.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and milk in a saucepan; stir well. Bring to a boil over medium heat; cook 1 minute, stirring constantly. Reduce heat to medium-low. Stir in sour cream, rind, salt, yolks, and garlic; cook for 1 minute or until thick, stirring constantly.
- Pour mixture into a large bowl, and stir in broccoli.
- Beat the egg whites with a mixer at high speed until stiff peaks form. Gently stir one-third of egg whites into broccoli mixture; fold remaining egg whites into broccoli mixture. Spoon mixture into a 2-quart souffle dish coated with cooking spray.
- Place on middle rack of oven.
- Bake at 325 for 40 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.83, Glycemic Load:4.61, Inflammation Score:-6, Nutrition Score:14.136521785156%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 125.13kcal (6.26%), Fat: 3.15g (4.85%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.21g (4.8%), Sugar: 4.29g (4.76%), Cholesterol: 95.9mg (31.97%), Sodium: 409.57mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Vitamin C: 52.02mg (63.06%), Vitamin K: 57.98µg (55.22%), Selenium: 17.13µg (24.47%), Vitamin B2: 0.39mg (23.15%), Folate: 64.89µg (16.22%), Phosphorus: 156.82mg (15.68%), Calcium: 133.7mg (13.37%), Vitamin A: 624.57IU (12.49%), Potassium: 363.61mg (10.39%), Vitamin B1: 0.15mg (10.09%), Vitamin B12: 0.59µg (9.89%), Manganese: 0.19mg (9.28%), Vitamin B6: 0.18mg (8.98%), Vitamin B5: 0.89mg (8.91%), Vitamin D: 1.11µg (7.39%), Fiber: 1.78g (7.11%), Magnesium: 26.13mg (6.53%), Iron: 1.01mg (5.63%), Zinc: 0.81mg (5.42%), Vitamin E: 0.68mg (4.54%), Vitamin B3: 0.89mg (4.46%), Copper: 0.06mg (2.86%)