

Lemon Souffle

READY IN



40 min.

SERVINGS



6

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 servings butter for greasing
- ☐ 6 eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 lemon zest juiced
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

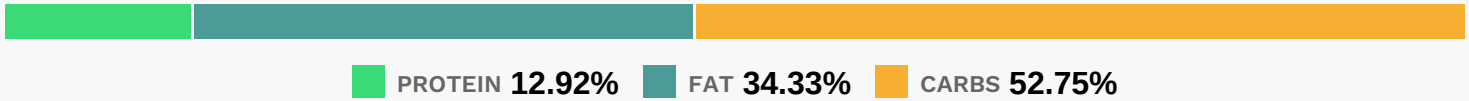
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a 2-quart mixing bowl combine, sugar, butter, flour, salt and milk, mixing until smooth.
- ☐ Add egg yolks to this and mix until smooth.
- ☐ Add lemon juice and zest.
- ☐ In a mixer, beat egg whites until peaks are stiff. Fold the yolk mixture into whites gently to combine mixtures.
- ☐ Using butter or vegetable shortening, grease 6-inch custard cups.
- ☐ Pour the mixture into the cups. Set the cups in 1/2 inch of hot water in a 9 by 12-inch baking pan.
- ☐ Bake 25 minutes or until tops have risen and turn golden brown.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:19.56, Inflammation Score:-2, Nutrition Score:6.1030434966087%

Nutrients (% of daily need)

Calories: 219.18kcal (10.96%), Fat: 8.49g (13.06%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 29.07g (10.57%), Sugar: 27.16g (30.18%), Cholesterol: 173.58mg (57.86%), Sodium: 287.19mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Selenium: 15.32µg (21.88%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 131.69mg (13.17%), Vitamin B12: 0.62µg (10.25%), Vitamin D: 1.33µg (8.85%), Vitamin B5: 0.85mg (8.53%), Calcium: 78.65mg (7.87%), Vitamin A: 362.79IU (7.26%), Folate: 25.58µg (6.4%), Vitamin B6: 0.1mg (5.21%), Iron: 0.92mg (5.1%), Zinc: 0.76mg (5.08%), Vitamin B1: 0.06mg (4.1%), Vitamin E: 0.6mg (4.03%),

Potassium: 128.7mg (3.68%), Vitamin C: 2.58mg (3.13%), Magnesium: 11.06mg (2.77%), Copper: 0.04mg (1.97%),
Manganese: 0.03mg (1.62%), Vitamin B3: 0.23mg (1.16%), Fiber: 0.28g (1.12%)