

## Lemon Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

### Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large eggs divided separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup milk
- ☐ 8 servings powdered sugar

☐ 0.1 teaspoon salt

## Equipment

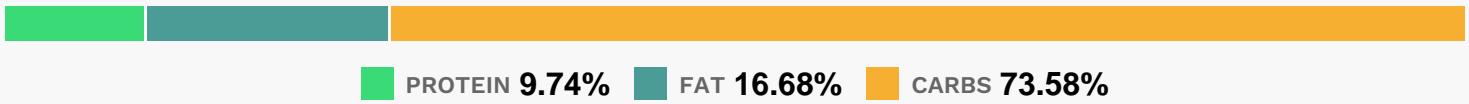
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ Adjust oven rack to the lowest possible position. Preheat oven to 40
- ☐ Grease 8 (6-ounce) ramekins, and dust lightly with 2 tablespoons sugar; refrigerate on a baking sheet until ready to use.
- ☐ Scald milk and lemon zest over medium heat.
- ☐ Remove from heat, and cool.
- ☐ With an electric mixer, beat remaining 1/2 cup sugar and 2 egg yolks in a large bowl 3 to 4 minutes or until light and fluffy, scraping down side of bowl several times. (Discard third yolk.) Gradually mix in flour until blended, scraping down side of bowl.
- ☐ Add milk mixture to egg mixture, and mix thoroughly.
- ☐ Add lemon juice and salt; place mixture back over low heat (or in a double boiler), and cook, stirring constantly, about 3 minutes or until thick and creamy.
- ☐ Remove from heat, and cool completely. (You can prepare the recipe to this point up to 2 days in advance, and store in refrigerator. Bring to room temperature before cooking.)
- ☐ Beat whites with cream of tartar in a separate bowl at medium speed for about 10 seconds. Increase speed to medium-high, and beat 1 to 2 minutes or until soft peaks form. (Do not overbeat; if the whites appear dry and granular, they are overbeaten.)
- ☐ Stir about one-quarter of egg whites into cooled egg mixture to lighten it. Fold in remaining whites gently, using a rubber spatula, just until incorporated. Do not overmix.

- ☐
- Pour mixture gently into prepared souffl cups to top of rim. To help souffls rise properly, run your finger around rim of dish to wipe edges.
- ☐
- Bake at 400 for 10 minutes; reduce heat to 350, and continue to bake 4 minutes or until exterior is set and center is slightly loose when shaken and souffl has risen above dish. Dust with powdered sugar, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:10.03, Inflammation Score:-1, Nutrition Score:2.7699999967995%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.95kcal (6.2%), Fat: 2.35g (3.61%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 23.21g (8.44%), Sugar: 21.31g (23.68%), Cholesterol: 71.58mg (23.86%), Sodium: 69.19mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Selenium: 6.81µg (9.73%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 55.19mg (5.52%), Vitamin B12: 0.25µg (4.15%), Vitamin C: 3.27mg (3.97%), Vitamin B5: 0.36mg (3.63%), Vitamin D: 0.54µg (3.62%), Folate: 13.8µg (3.45%), Calcium: 30.56mg (3.06%), Vitamin A: 126.54IU (2.53%), Iron: 0.44mg (2.42%), Vitamin B6: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.18%), Zinc: 0.32mg (2.16%), Potassium: 67.16mg (1.92%), Vitamin E: 0.22mg (1.45%), Magnesium: 4.99mg (1.25%), Manganese: 0.02mg (1.03%)