



Lemon Soufflé with Buttermilk Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 large eggs
- ☐ 5 large egg whites
- ☐ 2 large egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.8 cup buttermilk low-fat

- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar divided
- ☐ 8 servings souffl[[special_char](#)
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Equipment

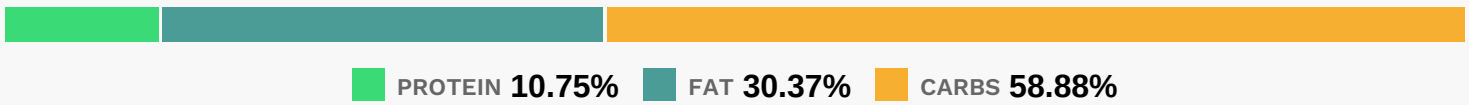
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ Position oven rack to the lowest setting, and remove middle rack. Preheat oven to 42
- ☐ To prepare the souffls, lightly coat 8 (8-ounce) souffl dishes with cooking spray.
- ☐ Sprinkle evenly with 2 tablespoons sugar. Set aside.
- ☐ Combine 1/2 cup sugar, 2 tablespoons flour, and 1/8 teaspoon salt in a heavy saucepan over medium heat, stirring with a whisk. Gradually add reduced-fat milk, stirring well with a whisk; bring to a boil. Cook 1 minute or until thick and bubbly, stirring constantly.
- ☐ Remove from heat.
- ☐ Add butter; stir well.
- ☐ Transfer mixture to a large bowl; cool to room temperature.
- ☐ Add rind, juice, and egg yolks; stir until blended.

- ☐ Place egg whites in a large mixing bowl; beat at high speed with a mixer until soft peaks form.
- ☐ Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Gently fold one-fourth of egg white mixture into lemon mixture, and gently fold in remaining egg white mixture. Gently spoon mixture into prepared dishes. Sharply tap dishes 2 or 3 times on counter to level.
- ☐ Place dishes on a baking sheet; place baking sheet on the bottom rack of 425 oven. Immediately reduce oven temperature to 350 (do not remove souffls from oven).
- ☐ Bake 40 minutes or until a wooden pick inserted in the side of souffl comes out clean.
- ☐ To prepare sauce, combine 1/4 cup sugar, 2 tablespoons flour, and 1/8 teaspoon salt in a small saucepan over medium-low heat.
- ☐ Combine low-fat buttermilk and egg, stirring well with a whisk. Gradually add buttermilk mixture to pan, stirring constantly with a whisk. Cook mixture for 10 minutes or until a thermometer registers 160, stirring constantly with a whisk.
- ☐ Serve sauce with souffls.

Nutrition Facts



Properties

Glycemic Index:33.15, Glycemic Load:18.49, Inflammation Score:-2, Nutrition Score:4.0130435033985%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.49kcal (9.77%), Fat: 6.77g (10.41%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 29.36g (10.68%), Sugar: 27.51g (30.57%), Cholesterol: 82.91mg (27.64%), Sodium: 158.22mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Selenium: 10.22µg (14.6%), Vitamin B2: 0.23mg (13.56%), Phosphorus: 74.35mg (7.44%), Calcium: 63.56mg (6.36%), Vitamin C: 5.17mg (6.26%), Vitamin B12: 0.32µg (5.33%), Vitamin A: 257.85IU (5.16%), Folate: 17.8µg (4.45%), Vitamin B5: 0.42mg (4.24%), Potassium: 123.83mg (3.54%), Vitamin B1: 0.04mg (2.93%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.43%), Vitamin D: 0.35µg (2.36%), Magnesium: 9.11mg (2.28%), Vitamin E: 0.33mg (2.22%), Iron: 0.37mg (2.07%), Manganese: 0.02mg (1.23%), Copper: 0.02mg (1.15%)