



Lemon Soufflés

 Dairy Free

READY IN



290 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 2 cups lemon curd divided quick
- ☐ 2 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt

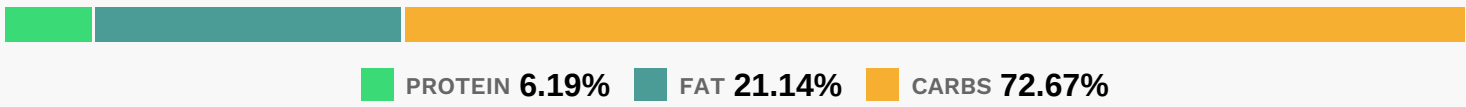
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Lightly coat 5 lightly greased 4-oz. ramekins with granulated sugar, shaking out excess.
- ☐ Place on a jelly-roll pan.
- ☐ Whisk together 1 cup lemon curd and next 2 ingredients in a large bowl.
- ☐ Beat egg whites with cream of tartar at medium speed with an electric mixer 1 to 2 minutes or until soft peaks form. Gently fold one-fourth of egg white mixture into curd mixture using a rubber spatula; fold in remaining egg whites just until blended.
- ☐ Pour gently into ramekins, filling to top. Run tip of thumb around edges of ramekins, wiping clean.
- ☐ Bake at 400 for 10 minutes; reduce heat to 350, and bake 4 minutes or until souffls rise and are set. (Center should be slightly loose when shaken.) Dust with powdered sugar.
- ☐ Serve immediately with remaining lemon curd.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:1.67, Inflammation Score:1, Nutrition Score:0.4317391268585%

Nutrients (% of daily need)

Calories: 119.54kcal (5.98%), Fat: 2.8g (4.31%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 21.58g (7.85%), Sugar: 20.79g (23.09%), Cholesterol: 0mg (0%), Sodium: 124.46mg (5.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Selenium: 2.12µg (3.02%), Vitamin B2: 0.04mg (2.59%)