

Lemon Soufflés Image: Calories READY IN Image: Calories 290 min. Image: Calories </

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

PROTEIN 6.19% 📕 FAT 21.14% 🖊 CARBS 72.67%

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: Omg (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%)