



Lemon Souffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter unsalted plus more, room temperature, for dishes
- 0.5 cup granulated sugar plus more for dishes
- 8 large egg yolk room temperature
- 2 tablespoons flour all-purpose
- 0.3 cup juice of lemon fresh finely grated (from 2 lemons)
- 1 cup milk whole
- 1 serving powdered sugar

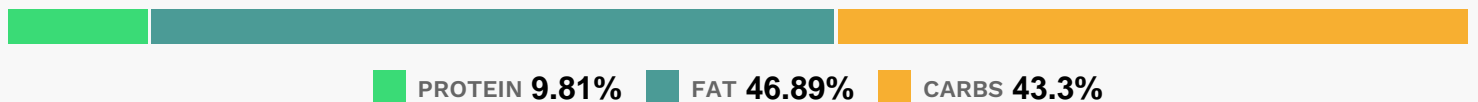
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- spatula

Directions

- Preheat oven to 375 degrees. Butter six 12-ounce souffle dishes, and then dust with granulated sugar.
- Whisk together yolks, flour, zest, and 2 tablespoons granulated sugar.
- Bring milk to a boil in a small saucepan. Slowly pour milk into yolk mixture, whisking constantly to prevent yolks from cooking. Return mixture to pan, and whisk until thick like a pudding, 1 to 2 minutes. Strain through a sieve, and whisk in butter and lemon juice.
- Beat whites until foamy. Gradually add remaining 1/4 cup plus 2 tablespoons granulated sugar, and beat until stiff peaks form. Stir a third of the whites into the yolk mixture. Gently fold in the remaining whites using a rubber spatula.
- Fill each souffle dish to the top, and smooth. Run your thumb around edges to remove batter from rims.
- Bake on a rimmed baking sheet until souffles rise and are golden, about 16 minutes. Dust with confectioners' sugar, and serve immediately, before souffles lose their height.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:13.74, Inflammation Score:-2, Nutrition Score:6.286086898783%

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: 211.54kcal (10.58%), Fat: 11.2g (17.22%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 23.16g (8.42%), Sugar: 20.29g (22.54%), Cholesterol: 259.71mg (86.57%), Sodium: 27.19mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Selenium: 14.48µg (20.68%), Phosphorus: 134.11mg (13.41%), Vitamin D: 1.74µg (11.61%), Vitamin B2: 0.19mg (11.45%), Vitamin B12: 0.67µg (11.16%), Vitamin A: 509.96IU (10.2%), Folate: 39.84µg (9.96%), Vitamin B5: 0.86mg (8.59%), Calcium: 81.54mg (8.15%), Vitamin B1: 0.09mg (5.66%), Vitamin B6: 0.11mg (5.5%), Vitamin E: 0.73mg (4.87%), Zinc: 0.72mg (4.78%), Vitamin C: 3.93mg (4.77%), Iron: 0.75mg (4.18%), Potassium: 100.33mg (2.87%), Magnesium: 7.27mg (1.82%), Manganese: 0.03mg (1.66%), Copper: 0.03mg (1.25%), Vitamin B3: 0.21mg (1.03%)