



Lemon Souffles with Boysenberries

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 boysenberries frozen
- ☐ 2 tablespoons butter ()
- ☐ 1 tablespoon cornstarch
- ☐ 3 large eggs separated
- ☐ 6 teaspoons boysenberry jam seedless
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 6 servings powdered sugar

- ☐ 0.8 cup sugar divided
- ☐ 0.8 cup milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Preheat oven to 400°F. Butter six 3/4-cup ramekins; coat with sugar. Spoon 1 teaspoon jam and 4 frozen berries into bottom of each ramekin.
- ☐ Place on baking sheet. Mash lemon peel and 1/2 cup sugar in heavy medium saucepan; whisk in cornstarch, then milk and yolks.
- ☐ Add 2 tablespoons butter. Bring to boil over medium heat, whisking constantly. Boil until thick pudding forms, whisking constantly, about 1 minute.
- ☐ Transfer to large bowl; mix in lemon juice. Season to taste with salt.
- ☐ Using electric mixer, beat egg whites in medium bowl to soft peaks. Gradually beat in 1/4 cup sugar; beat until stiff but not dry. Fold whites into warm lemon pudding. Spoon mixture atop berries; fill to top.
- ☐ Bake until puffed, set, and golden around edges, about 14 minutes. Sift powdered sugar over.
- ☐ One serving contains the following: Calories (kcal) 240.95; % Calories from Fat 27.7; Fat (g) 7.42; Saturated Fat (g) 3.72; Cholesterol (mg) 119.05; Carbohydrates (g) 40.57; Dietary Fiber (g) 1.69; Total Sugars (g) 36.51; Net Carbs (g) 38.88; Protein (g) 4.61
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 6.9%**  **FAT 26.01%**  **CARBS 67.09%**

Properties

Glycemic Index:35.52, Glycemic Load:20.61, Inflammation Score:-2, Nutrition Score:4.4717391625695%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 245.11kcal (12.26%), Fat: 7.27g (11.18%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 41.65g (15.15%), Sugar: 38.41g (42.67%), Cholesterol: 106.69mg (35.56%), Sodium: 80.15mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Selenium: 8.71µg (12.44%), Vitamin B2: 0.17mg (10.26%), Vitamin C: 8.16mg (9.89%), Phosphorus: 85.25mg (8.52%), Vitamin B12: 0.4µg (6.59%), Vitamin A: 305.46IU (6.11%), Calcium: 58.9mg (5.89%), Vitamin D: 0.84µg (5.57%), Vitamin B5: 0.54mg (5.36%), Folate: 17.94µg (4.49%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.48mg (3.2%), Potassium: 109.1mg (3.12%), Iron: 0.56mg (3.09%), Vitamin E: 0.45mg (3.02%), Vitamin B1: 0.03mg (2.32%), Fiber: 0.55g (2.2%), Magnesium: 8.76mg (2.19%), Manganese: 0.04mg (1.82%), Copper: 0.04mg (1.77%)