



## Lime Souffle

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 egg whites
- ☐ 4 servings granulated sugar
- ☐ 2 thinly cut lime halved
- ☐ 0.3 cup pineapple curd recommended: Dickenson's
- ☐ 4 servings powdered sugar
- ☐ 99 g vanilla pudding fat-free kraft recommended: Handi-Snacks

## Equipment

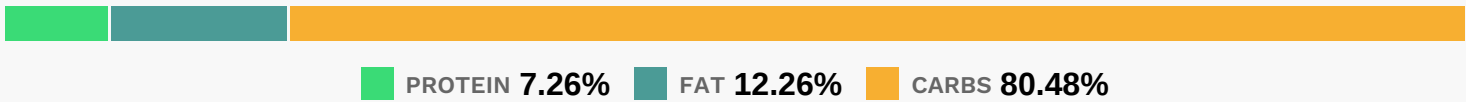
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 400 degrees F. Spray 4 (6-ounce) ramekins with butter flavored cooking spray. Lightly coat inside of ramekins with sugar; set aside.
- ☐ In a small bowl, stir together lime curd and vanilla pudding. Set aside.
- ☐ Place egg whites in a medium bowl. Use an electric mixer to beat egg whites to stiff, but not dry, peaks.
- ☐ Stir 1/4 of egg whites into bowl with lime mixture. Spoon mixture over bowl with egg whites and gently fold together until just combined.
- ☐ Divide among ramekins.
- ☐ Place on baking sheet and bake in preheated oven for 20 minutes or until risen and golden brown.
- ☐ Serve immediately garnished with a dusting of powdered sugar and half of a sugared lime slice.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:8.73, Inflammation Score:1, Nutrition Score:1.1886956408296%

## Nutrients (% of daily need)

Calories: 248.09kcal (12.4%), Fat: 3.5g (5.39%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 51.57g (18.75%), Sugar: 48.07g (53.42%), Cholesterol: 39.63mg (13.21%), Sodium: 227.06mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Selenium: 6.35µg (9.07%), Vitamin B2: 0.14mg (8.17%), Vitamin C: 2.64mg (3.2%), Potassium: 54.26mg (1.55%)