



Make-ahead mushroom soufflés

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 140 g mushrooms sliced
- ☐ 50 g butter for greasing
- ☐ 25 g flour plain
- ☐ 325 ml milk
- ☐ 85 g gruyere cheese finely grated plus a little extra
- ☐ 3 large eggs separated
- ☐ 6 tsp crème fraîche
- ☐ 8 servings chives snipped

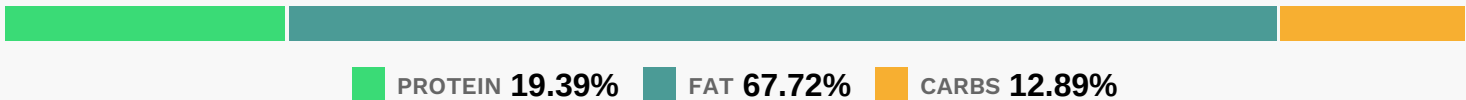
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Fry the mushrooms in the butter for about 3 mins, then remove from the heat and reserve a good spoonful.
- ☐ Add the flour to the rest, then blend in the milk and return to the heat, stirring all the time to make a thick sauce. Stir in the cheese, season to taste, then leave to cool.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Butter 8 x 150ml souffl dishes and line the bases with baking paper. Stir the egg yolks into the souffl mixture, then whisk the egg whites until stiff before folding in carefully. Spoon into the souffl dishes and bake in a roasting tin, half-filled with cold water, for 15 mins until risen and golden. Leave to cool (they will sink, but they are meant to). You can make the souffls up to this stage up to 2 days ahead. Cover and chill.
- ☐ When ready to serve, turn the souffls out of their dishes, peel off the lining paper, then put them on a baking sheet lined with small squares of baking paper. Top each souffl with 1 tsp crme frache and a little cheese, then scatter with the reserved mushrooms.
- ☐ Bake at 190C/fan 170C/gas 5 for 10-15 mins until slightly risen and warmed through.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:6.5452173378157%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 162.11kcal (8.11%), Fat: 12.3g (18.93%), Saturated Fat: 6.9g (43.16%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.99g (1.81%), Sugar: 2.6g (2.89%), Cholesterol: 101.67mg (33.89%), Sodium: 160.49mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.85%), Calcium: 175.79mg (17.58%), Phosphorus: 166.51mg (16.65%), Vitamin B2: 0.27mg (15.72%), Selenium: 10.96µg (15.66%), Vitamin B12: 0.59µg (9.78%), Vitamin A: 488.26IU (9.77%), Vitamin B5: 0.8mg (7.99%), Zinc: 0.96mg (6.41%), Vitamin D: 0.93µg (6.23%), Vitamin B1: 0.08mg (5.18%), Folate: 19.99µg (5%), Potassium: 164.53mg (4.7%), Vitamin B3: 0.9mg (4.49%), Vitamin B6: 0.09mg (4.42%), Copper: 0.08mg (3.98%), Magnesium: 14.21mg (3.55%), Iron: 0.6mg (3.32%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.41mg (2.73%), Manganese: 0.04mg (2.12%), Vitamin C: 0.98mg (1.18%), Fiber: 0.28g (1.14%)