



Mango-Macadamia Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 tablespoons cornstarch
- ☐ 6 large egg whites
- ☐ 2 large egg yolk
- ☐ 0.5 cup juice of lime fresh (4 limes)
- ☐ 3 tablespoons macadamia nuts chopped
- ☐ 2 cups mangos ripe peeled chopped (2 medium)
- ☐ 0.8 cup apricot-mango nectar

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar divided
- ☐ 0.8 cup condensed milk fat-free sweetened
- ☐ 2 tablespoons water
- ☐ 8 servings frangelico
- ☐ 8 servings frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender

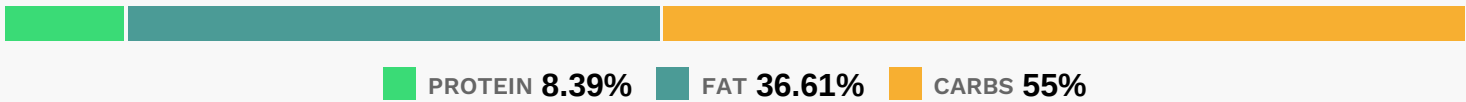
Directions

- ☐ Position oven rack to lowest setting, and remove the middle rack. Preheat oven to 42
- ☐ To prepare the souffls, lightly coat 8 (8-ounce) souffl dishes with cooking spray.
- ☐ Sprinkle evenly with 2 tablespoons sugar. Set aside.
- ☐ Place mango and nectar in a blender; process until smooth.
- ☐ Combine remaining 1/2 cup sugar, cornstarch, and salt in a medium saucepan over medium-high heat, stirring with a whisk.
- ☐ Add mango mixture to pan; stir until blended. Bring to a boil. Cook 1 minute or until mixture is thick and bubbly, stirring constantly; remove from heat. Stir in butter.
- ☐ Transfer mixture to a large bowl; cool to room temperature. Stir in egg yolks.
- ☐ Place egg whites in a large mixing bowl; beat at high speed with a mixer until stiff peaks form (do not overbeat). Gently fold one-fourth of egg whites into mango mixture; gently fold in the remaining egg whites. Gently spoon mixture into prepared dishes; sprinkle tops evenly with

macadamia nuts. Sharply tap dishes 2 or 3 times on counter to level.

- ☐
- Place dishes on baking sheet; place baking sheet on the bottom rack of a 425 oven. Immediately reduce temperature to 350 (do not remove souffls from oven).
- ☐
- Bake 30 minutes or until a wooden pick inserted in the side of souffl comes out clean.
- ☐
- To prepare sauce, combine sweetened condensed milk, juice, and water, stirring well with a whisk.
- ☐
- Serve with souffls.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:21.13, Inflammation Score:-6, Nutrition Score:7.939565114353%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 296.52kcal (14.83%), Fat: 12.48g (19.2%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 41.05g (14.93%), Sugar: 37.28g (41.42%), Cholesterol: 70.91mg (23.64%), Sodium: 164.17mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin C: 23.92mg (28.99%), Vitamin A: 931.88IU (18.64%), Selenium: 12.3µg (17.57%), Vitamin B2: 0.28mg (16.47%), Phosphorus: 110.37mg (11.04%), Calcium: 104.55mg (10.46%), Manganese: 0.2mg (9.96%), Folate: 31.87µg (7.97%), Potassium: 259.9mg (7.43%), Vitamin B1: 0.1mg (6.37%), Vitamin B5: 0.54mg (5.42%), Magnesium: 21.58mg (5.39%), Vitamin E: 0.79mg (5.3%), Vitamin B6: 0.1mg (4.98%), Copper: 0.1mg (4.9%), Fiber: 1.14g (4.56%), Vitamin B12: 0.24µg (4.06%), Zinc: 0.49mg (3.25%), Iron: 0.52mg (2.86%), Vitamin K: 2.71µg (2.58%), Vitamin B3: 0.5mg (2.5%), Vitamin D: 0.29µg (1.91%)