



Merry Berry Frozen Soufflé

 Gluten Free  Dairy Free

READY IN



525 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 4 egg whites
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.8 cup sugar
- ☐ 16 oz roasted cranberry sauce whole canned
- ☐ 2 cups non-dairy whipped topping frozen thawed
- ☐ 0.5 cup water
- ☐ 0.8 cup sugar

- ☐ 0.5 cup cranberries fresh
- ☐ 1 serving mint leaves fresh

Equipment

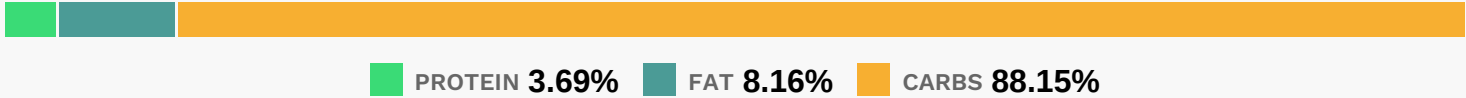
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ hand mixer
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ In large bowl, beat egg whites and salt with electric mixer on high speed until soft peaks form; set aside. In 1-quart saucepan, heat 1/3 cup water and 3/4 cup sugar to boiling over medium-high heat, stirring frequently, until sugar is dissolved. Cook over medium heat to 245°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a firm ball.
- ☐ Slowly beat sugar mixture into egg whites on low speed. Beat on medium speed about 8 minutes or until mixture cools to room temperature.
- ☐ Fold cranberry sauce and whipped topping into egg white mixture. Spoon into 6 individual soufflé dishes, about 1 1/4 cups each; smooth tops. Cover with plastic wrap; freeze at least 8 hours but no longer than 24 hours.
- ☐ Line cookie sheet with waxed paper. In 1-quart saucepan, heat 1/2 cup water and 1/2 cup of the sugar to boiling over medium-high heat, stirring frequently, until sugar is dissolved. Cook over medium-high heat to 234°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a soft ball that flattens when removed from water.
- ☐ Remove from heat; stir in cranberries.
- ☐ Let stand about 2 minutes or until cranberries are softened.
- ☐ Remove cranberries with slotted spoon to cookie sheet.
- ☐ Place remaining 1/4 cup sugar on plate; roll cranberries in sugar to coat. (Cranberries can be prepared up to 6 hours before using; keep refrigerated.)

- ☐
- Let soufflé stand at room temperature 30 minutes before serving.
- ☐
- Garnish with candied cranberries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:35.22, Inflammation Score:-1, Nutrition Score:2.4121739151685%

Flavonoids

Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 2.59mg, Myricetin: 2.59mg, Myricetin: 2.59mg, Myricetin: 2.59mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 383.05kcal (19.15%), Fat: 3.59g (5.53%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 87.41g (29.14%), Net Carbohydrates: 86.27g (31.37%), Sugar: 80.34g (89.26%), Cholesterol: 0.5mg (0.17%), Sodium: 154.24mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin B2: 0.14mg (8.11%), Selenium: 5.21µg (7.44%), Vitamin E: 0.94mg (6.25%), Fiber: 1.14g (4.58%), Manganese: 0.08mg (4.09%), Phosphorus: 25.56mg (2.56%), Potassium: 87.65mg (2.5%), Calcium: 24.04mg (2.4%), Vitamin C: 1.98mg (2.39%), Iron: 0.4mg (2.25%), Vitamin K: 2.28µg (2.17%), Copper: 0.04mg (2.04%), Magnesium: 6.43mg (1.61%), Vitamin A: 62.33IU (1.25%), Vitamin B1: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.13%), Vitamin B6: 0.02mg (1.08%)