



Merry Berry Frozen Soufflé



Gluten Free



Dairy Free

READY IN



525 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cranberries fresh
- ☐ 4 egg whites
- ☐ 6 servings mint leaves fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup water
- ☐ 0.5 cup water
- ☐ 2 cups non-dairy whipped topping frozen thawed

- ☐ 16 oz roasted cranberry sauce whole canned

Equipment

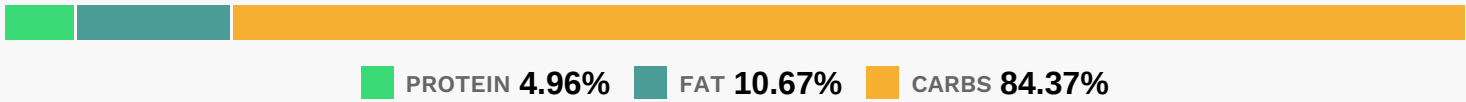
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ hand mixer
- ☐ slotted spoon
- ☐ candy thermometer

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 245F 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 souffl 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 234F 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 souffl stand at room temperature 30 minutes before serving.

Garnish with candied cranberries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:17.77, Inflammation Score:-1, Nutrition Score:2.5252174009448%

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: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 287.39kcal (14.37%), Fat: 3.52g (5.42%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 62.64g (20.88%), Net Carbohydrates: 61.43g (22.34%), Sugar: 55.39g (61.54%), Cholesterol: 0.5mg (0.17%), Sodium: 154.24mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin B2: 0.14mg (7.96%), Selenium: 5.06µg (7.23%), Vitamin E: 0.94mg (6.25%), Fiber: 1.21g (4.85%), Manganese: 0.09mg (4.53%), Vitamin C: 2.24mg (2.72%), Potassium: 91.89mg (2.63%), Phosphorus: 26.17mg (2.62%), Calcium: 25.81mg (2.58%), Iron: 0.43mg (2.41%), Vitamin K: 2.28µg (2.17%), Copper: 0.04mg (2.09%), Vitamin A: 97.73IU (1.95%), Magnesium: 7.09mg (1.77%), Vitamin B1: 0.02mg (1.26%), Vitamin B6: 0.02mg (1.13%), Vitamin B12: 0.07µg (1.13%)