



## Mexican Chocolate Soufflés

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

### Ingredients

- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon rum / brandy / coffee liqueur (such as Kahlúa)
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites
- ☐ 1 large egg yolk
- ☐ 0.8 cup skim milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin

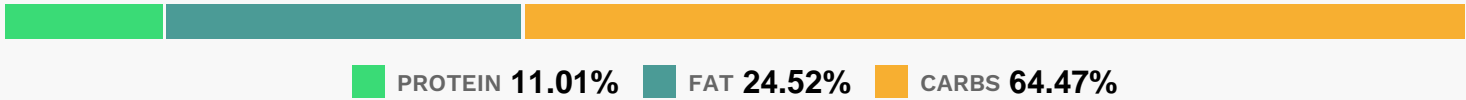
## Directions

- ☐ Preheat oven to 37
- ☐ Coat 8 (6-ounce) ramekins with cooking spray; sprinkle with 3 tablespoons granulated sugar.
- ☐ Combine 1/2 cup granulated sugar, cocoa, flour, cinnamon, salt, and pepper, if desired, in a medium saucepan. Gradually add milk, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat; add chocolate, stirring with a whisk until smooth.
- ☐ Place chocolate mixture in a large bowl; stir in vanilla, liqueur, and egg yolk.
- ☐ Place the cream of tartar and egg whites in another large bowl; beat with a mixer at high speed until foamy.
- ☐ Add 2 tablespoons granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-third of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon evenly into ramekins; sharply tap ramekins 2 or 3 times on counter to level.
- ☐ Place ramekins on a baking sheet.

- ☐
- Bake at 375 for 30 minutes or until puffy and set.

☐☐

## Nutrition Facts



## Properties

Glycemic Index:40.44, Glycemic Load:15.37, Inflammation Score:-2, Nutrition Score:5.1395652298208%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 183.47kcal (9.17%), Fat: 5.15g (7.93%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.45g (10.34%), Sugar: 25.62g (28.47%), Cholesterol: 24.28mg (8.09%), Sodium: 89.89mg (3.91%), Alcohol: 0.31g (100%), Alcohol %: 0.45% (100%), Caffeine: 15.32mg (5.11%), Protein: 5.21g (10.41%), Manganese: 0.31mg (15.36%), Copper: 0.25mg (12.39%), Selenium: 8.64µg (12.34%), Vitamin B2: 0.18mg (10.31%), Magnesium: 38.33mg (9.58%), Phosphorus: 86.16mg (8.62%), Fiber: 2.03g (8.11%), Iron: 1.25mg (6.92%), Potassium: 201.84mg (5.77%), Calcium: 47.9mg (4.79%), Zinc: 0.65mg (4.3%), Vitamin B12: 0.22µg (3.6%), Vitamin B1: 0.04mg (2.53%), Vitamin D: 0.37µg (2.45%), Vitamin B5: 0.24mg (2.41%), Folate: 8.86µg (2.21%), Vitamin A: 83.55IU (1.67%), Vitamin B3: 0.32mg (1.59%), Vitamin B6: 0.03mg (1.51%)