



Meyer Lemon Soufflés

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 2 teaspoons cornstarch
- 0.3 teaspoon cream of tartar
- 6 large eggs separated
- 0.3 cup flour all-purpose
- 1 cup granulated sugar
- 1 cup half-and-half
- 2 lb meyer lemons
- 1.5 teaspoons powdered sugar

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- ramekin
- baking pan

Directions

- Grate 2 1/2 teaspoons peel and ream 1/3 cup plus 1/2 cup juice from lemons; set aside.
- Lightly butter 6 ramekins, 1 1/4- to 1 1/2-cup size. Evenly space in a 10- by 15-inch rimmed baking pan.
- Melt 4 tablespoons butter in a 2- to 3-quart pan over medium-high heat.
- Whisk in flour, then half-and-half and 1/3 cup granulated sugar.
- Whisk constantly until mixture comes to a boil; boil 30 seconds.
- Remove from heat.
- Whisk in 1/3 cup lemon juice, yolks, and 2 teaspoons lemon peel.
- In the bowl of a mixer, beat egg whites until foamy.
- Add cream of tartar and beat until soft peaks form. Beat in 1/3 cup granulated sugar, 1 tablespoon at a time, just until whites hold straight, glossy peaks when beaters are lifted.
- Stir about 1 cup egg whites into yolk mixture, then gently fold yolk mixture into whites until no streaks remain. Spoon mixture evenly into ramekins (they'll be full).
- For a creamy texture, bake in a 375 oven until softly set (when gently shaken, souffls should ripple in center only), 12 to 13 minutes. For a drier texture, bake 20 minutes.
- Meanwhile, in a 1- to 2-quart pan, combine cornstarch and 6 tablespoons granulated sugar. Stir in remaining 1/2 cup lemon juice. Stir over medium-high heat until bubbling, 3 to 5 minutes. Stir in remaining 1/2 teaspoon lemon peel.

Sift powdered sugar over souffls. At the table, spoon a hole in the center of each souffl and pour in sauce.

Nutrition Facts



PROTEIN 9.48% **FAT 37.94%** **CARBS 52.58%**

Properties

Glycemic Index:28.43, Glycemic Load:28.66, Inflammation Score:-7, Nutrition Score:14.099565202775%

Flavonoids

Eriodictyol: 32.3mg, Eriodictyol: 32.3mg, Eriodictyol: 32.3mg, Eriodictyol: 32.3mg Hesperetin: 42.18mg, Hesperetin: 42.18mg, Hesperetin: 42.18mg, Hesperetin: 42.18mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 387.39kcal (19.37%), Fat: 17.52g (26.95%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 50.25g (18.27%), Sugar: 39.4g (43.78%), Cholesterol: 200.12mg (66.71%), Sodium: 187.21mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin C: 80.52mg (97.6%), Selenium: 19.23µg (27.48%), Vitamin B2: 0.37mg (21.92%), Fiber: 4.38g (17.52%), Phosphorus: 169.37mg (16.94%), Vitamin A: 779.9IU (15.6%), Folate: 50.97µg (12.74%), Vitamin B5: 1.2mg (12.01%), Iron: 2.07mg (11.49%), Vitamin B6: 0.23mg (11.46%), Calcium: 114.41mg (11.44%), Potassium: 361.71mg (10.33%), Vitamin B1: 0.13mg (8.96%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.15mg (7.63%), Vitamin D: 1µg (6.67%), Zinc: 0.93mg (6.23%), Magnesium: 23.58mg (5.89%), Copper: 0.11mg (5.3%), Manganese: 0.1mg (4.86%), Vitamin B3: 0.54mg (2.71%)