



Miniature Jalapeno Souffles



Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 large eggs separated
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.3 cup gruyère cheese grated
- ☐ 1 small jalapeño minced seeded
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons pinenuts very finely chopped

- ☐ 1 tablespoon butter unsalted for buttering the tins
- ☐ 6 tablespoons milk whole

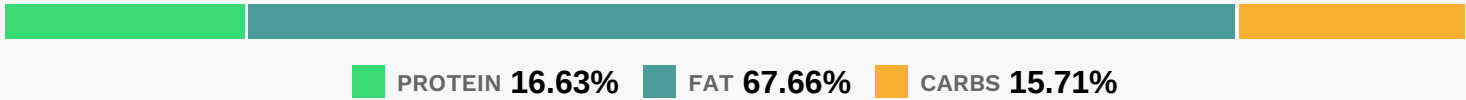
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Butter a nonstick mini-muffin tin with 12 (1/8-cup) wells that measure 1 3/4 inches in diameter and 3/4-inch deep.
- ☐ Mix 1 tablespoon of the flour with 1/2 the pine nuts in a small bowl. Dust the tins with the flour and nut mixture. Tap out the excess.
- ☐ Melt the 1 tablespoon butter in a small saucepan over medium-high heat. Stir in the remaining 1 1/2 tablespoons flour and the jalapeno. Cook, stirring, for about 2 minutes.
- ☐ Whisk in the milk and add the cheese, salt, pepper, mustard, and egg yolk. Cool to room temperature.
- ☐ Beat the egg white until firm but not stiff. Stir a 1/4 of the white into the cheese sauce. Gently fold in the remaining white. Spoon into the prepared tins, sprinkle with the remaining pine nuts, and bake until puffed and golden, 7 to 10 minutes. Cool in the tins on wire racks. When cool, run a small knife around the edge of each souffle. (The souffles will fall as they cool.) They can be prepared up to a day in advance and refrigerated.
- ☐ Bake in the muffin tins in a preheated 400 degree F oven for 5 to 7 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:2.1052173946215%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 47.6kcal (2.38%), Fat: 3.64g (5.6%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.5g (0.56%), Cholesterol: 21.93mg (7.31%), Sodium: 79.37mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.16mg (8.21%), Phosphorus: 44.57mg (4.46%), Calcium: 40.51mg (4.05%), Selenium: 2.45µg (3.5%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.31mg (2.1%), Vitamin A: 103.2IU (2.06%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.28mg (1.88%), Magnesium: 7.25mg (1.81%), Vitamin B1: 0.03mg (1.79%), Vitamin C: 1.4mg (1.69%), Folate: 6.03µg (1.51%), Copper: 0.03mg (1.47%), Iron: 0.25mg (1.4%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.35µg (1.28%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.06%)