



Muenster Cheese Soufflé with Red Bell Pepper and Tomato Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons flour
- ☐ 4 servings bell pepper red
- ☐ 1.5 tablespoons butter
- ☐ 3 large eggs separated
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings panko bread crumbs (Japanese breadcrumbs)
- ☐ 1.3 cups milk whole

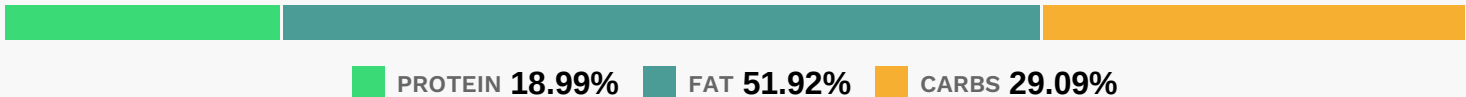
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Bring milk just to simmer in small saucepan; remove from heat. Melt butter in heavy medium saucepan over medium heat.
- ☐ Whisk in flour; cook roux 2 minutes, whisking constantly (do not brown). Gradually whisk in warm milk. Cook until sauce is smooth and thick enough to drop from whisk in thin ribbon, whisking constantly, about 8 minutes.
- ☐ Remove from heat.
- ☐ Mix in cumin and season generously with salt and pepper; transfer to medium bowl. Cool 10 minutes. (Soufflé base can be made ahead. Press plastic wrap onto surface.
- ☐ Let stand 2 hours or chill 1 day. Bring to room temperature before using.)
- ☐ Preheat oven to 400°F. Butter 4- to 5-cup soufflé dish; coat inside with panko.
- ☐ Whisk egg yolks into soufflé base 1 at a time; stir in cheese cubes. Beat egg whites and pinch of salt in another medium bowl until stiff but not dry.
- ☐ Fold egg whites into soufflé base in 3 additions; transfer to prepared dish.
- ☐ Bake soufflé until puffed, brown on top, and firm but jiggly to touch, about 28 minutes. Spoon soufflé onto 4 plates. Arrange salad alongside and serve.
- ☐ *Available at some supermarkets and at Asian markets.
- ☐ To cube soft Muenster cheese, pare off the rind, then cut cheese into 1/3-inch slices. Freeze slices 15 minutes to firm, then cut into small cubes. Separate cubes on plate and chill.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:5.4, Inflammation Score:-9, Nutrition Score:16.385217490404%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 181.28kcal (9.06%), Fat: 10.62g (16.34%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 11.62g (4.23%), Sugar: 7.02g (7.8%), Cholesterol: 159.94mg (53.31%), Sodium: 126.61mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.49%), Vitamin C: 95.37mg (115.6%), Vitamin A: 2791.4IU (55.83%), Vitamin B2: 0.37mg (22%), Selenium: 15.25µg (21.79%), Phosphorus: 180.24mg (18.02%), Vitamin B6: 0.33mg (16.57%), Folate: 63.43µg (15.86%), Vitamin B12: 0.76µg (12.63%), Calcium: 125.1mg (12.51%), Vitamin E: 1.74mg (11.59%), Vitamin B5: 1.13mg (11.31%), Vitamin D: 1.59µg (10.59%), Vitamin B1: 0.15mg (10.19%), Potassium: 334.79mg (9.57%), Iron: 1.37mg (7.61%), Manganese: 0.15mg (7.44%), Fiber: 1.77g (7.1%), Zinc: 1.05mg (6.98%), Vitamin B3: 1.24mg (6.22%), Magnesium: 24.82mg (6.2%), Vitamin K: 4.45µg (4.24%), Copper: 0.05mg (2.61%)