



Orange Soufflé



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 4 large eggs separated
- ☐ 1 tablespoon orange liqueur
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon orange juice fresh
- ☐ 1.5 teaspoons orange zest fresh finely grated
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted

☐ 1 cup milk whole

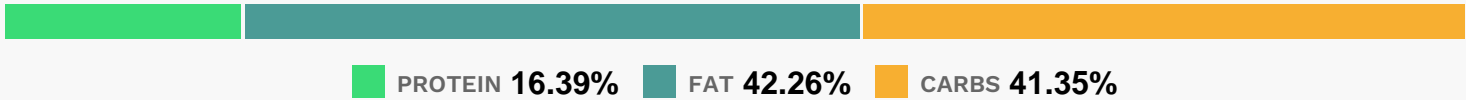
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Butter a 9 1/2-inch deep-dish glass pie plate.
- ☐ Bring milk, 1/4 cup granulated sugar, cornstarch, and zest to a boil over moderate heat in a 2-quart heavy saucepan, whisking constantly. Boil, whisking, 1 minute.
- ☐ Remove from heat and whisk in butter, juice, and liqueur until butter is melted, then whisk in yolks until blended.
- ☐ Beat whites with salt in a large bowl using an electric mixer at medium speed until they just hold soft peaks.
- ☐ Add remaining 3 tablespoons granulated sugar a little at a time, beating, then beat until whites just hold stiff peaks.
- ☐ Fold one fourth of whites into yolk mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Spread in pie plate with a rubber spatula and bake until puffed and golden, 16 to 18 minutes. Dust with confectioners sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:6.69, Inflammation Score:-2, Nutrition Score:4.7160869409209%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.5kcal (7.03%), Fat: 6.41g (9.86%), Saturated Fat: 3g (18.76%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 14.02g (5.1%), Sugar: 11.44g (12.71%), Cholesterol: 133.9mg (44.63%), Sodium: 160.51mg (6.98%), Alcohol: 0.65g (100%), Alcohol %: 0.88% (100%), Protein: 5.59g (11.18%), Selenium: 11.17µg (15.96%), Vitamin B2: 0.21mg (12.5%), Phosphorus: 108.72mg (10.87%), Vitamin B12: 0.52µg (8.67%), Vitamin D: 1.15µg (7.66%), Calcium: 70.58mg (7.06%), Vitamin B5: 0.67mg (6.73%), Vitamin A: 311.96IU (6.24%), Folate: 16.74µg (4.18%), Vitamin B6: 0.08mg (4.18%), Zinc: 0.6mg (4.03%), Iron: 0.61mg (3.4%), Potassium: 115.3mg (3.29%), Vitamin E: 0.43mg (2.85%), Vitamin B1: 0.04mg (2.63%), Vitamin C: 2.1mg (2.54%), Magnesium: 9.51mg (2.38%), Copper: 0.03mg (1.47%)