



Orange Souffles

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon cream of tartar
- 1 eggs separated
- 1 teaspoon flour all-purpose
- 1 teaspoon orange extract
- 0.3 teaspoon orange rind grated
- 1.5 teaspoons powdered sugar divided sifted
- 1 tablespoon skim milk
- 2 tablespoons sugar divided

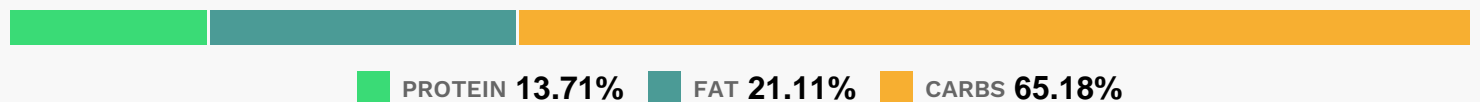
Equipment

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

Directions

- Coat 2 (6-ounce) souffle dishes or custard cups with cooking spray.
- Sprinkle dishes evenly with 1 tablespoon sugar, carefully shaking to coat bottom and sides of each dish; set aside.
- Combine 1 tablespoon sugar, milk, and flour in a non-aluminum saucepan, stirring with a wire whisk until blended. Cook over medium heat, stirring constantly, until thickened and bubbly.
- Remove from heat.
- Beat egg yolk until thick and pale. Gradually stir about one-fourth of hot mixture into yolk; add to remaining hot mixture, stirring constantly. Stir in orange extract and orange rind; set aside.
- Beat egg white, 1/2 teaspoon powdered sugar, and cream of tartar in a bowl at high speed of an electric mixer until stiff peaks form. Fold egg white mixture into orange mixture. Spoon into prepared dishes.
- Bake at 375 for 15 minutes or until puffed. Sift remaining 1 teaspoon powdered sugar over souffles.
- Garnish with orange zest, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:89.17, Glycemic Load:9.05, Inflammation Score:-1, Nutrition Score:2.504347835222%

Nutrients (% of daily need)

Calories: 90.41kcal (4.52%), Fat: 2.15g (3.3%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.86g (5.4%), Sugar: 13.91g (15.45%), Cholesterol: 82.07mg (27.35%), Sodium: 34.59mg (1.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Selenium: 7.33µg (10.47%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 52.73mg (5.27%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.37mg (3.7%), Vitamin D: 0.52µg (3.48%), Folate: 12.4µg (3.1%), Vitamin A: 135.15IU (2.7%), Iron: 0.45mg (2.48%), Calcium: 22.92mg (2.29%), Zinc: 0.33mg (2.18%), Potassium: 75.69mg (2.16%), Vitamin B6: 0.04mg (2.13%), Vitamin E: 0.23mg (1.55%), Vitamin B1: 0.02mg (1.41%)