



Parmesan Cheese Souffle

READY IN



50 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 large eggs separated
- 2 tablespoons flour all-purpose
- 6 servings pepper black freshly ground
- 0.8 cup parmesan grated plus more for coating ramekins
- 2 tablespoons butter unsalted plus more for ramekins
- 2 cups milk whole

Equipment

- bowl

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- ramekin
- stand mixer

Directions

- Preheat the oven to 400 degrees F.
- Butter 6 (7 1/2 by 3 1/2-inch ramekins).
- Sprinkle with some grated Parmesan, and coat all sides and the base of the dish.
- Pour out the excess cheese into the next ramekin to coat. Continue coating the ramekins with the cheese and set aside.
- Heat the milk in a small saucepan over low heat.
- In another medium saucepan, melt 2 tablespoons of butter over medium heat.
- Whisk in the flour and cook out raw flour taste, about 2 minutes.
- Whisk in the hot milk and bring to a boil, then reduce the heat to a simmer.
- Remove the pan from heat, add 3/4 cup of grated cheese and season, to taste, with salt and pepper (watch salt levels because of the cheese).
- Pour the mixture into a large bowl and set aside to cool to room temperature.
- In a stand mixer, whip the egg whites to stiff peaks.
- Whisk the yolks into the cooled bechamel. Fold 1/3 of whipped egg whites into the bechamel to lighten the base. Gently fold in the remaining whipped egg whites in order to keep the incorporated air. Carefully fill the prepared ramekins and arrange them on a baking sheet.
- Bake until risen and golden on top, about 20 minutes. The center will have just a slight jiggle when ready.
- Remove the ramekins from the oven and serve immediately.

Nutrition Facts



 PROTEIN 26.09%  FAT 61.5%  CARBS 12.41%

Properties

Glycemic Index:28.67, Glycemic Load:2.94, Inflammation Score:-4, Nutrition Score:9.6565217919972%

Nutrients (% of daily need)

Calories: 212.11kcal (10.61%), Fat: 14.4g (22.15%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.21g (4.67%), Cholesterol: 214.29mg (71.43%), Sodium: 302.74mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.49%), Selenium: 20.61µg (29.44%), Calcium: 277.98mg (27.8%), Phosphorus: 271.87mg (27.19%), Vitamin B2: 0.4mg (23.32%), Vitamin B12: 1.04µg (17.37%), Vitamin D: 2.03µg (13.51%), Vitamin A: 616.55IU (12.33%), Vitamin B5: 1.14mg (11.44%), Zinc: 1.35mg (8.97%), Vitamin B6: 0.15mg (7.38%), Folate: 29.11µg (7.28%), Iron: 1.1mg (6.13%), Vitamin B1: 0.09mg (6.03%), Potassium: 207.62mg (5.93%), Magnesium: 22.07mg (5.52%), Vitamin E: 0.7mg (4.69%), Manganese: 0.05mg (2.49%), Copper: 0.05mg (2.32%), Vitamin B3: 0.31mg (1.54%), Vitamin K: 1.1µg (1.05%)