



Parmesan Soufflé with Fresh Fines Herbes

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 Dash cream of tartar
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 large egg whites
- ☐ 1 large egg yolk
- ☐ 1.5 ounces flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced (1 large)

Equipment

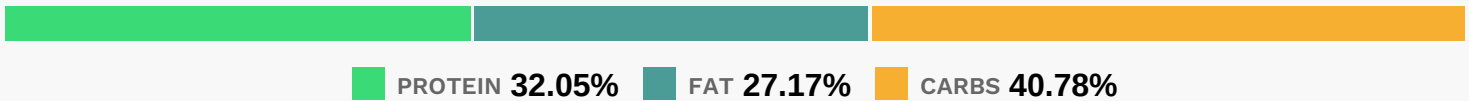
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly coat a 2-quart souffl dish with cooking spray; sprinkle breadcrumbs over bottom and sides of dish. Set aside.
- ☐ Heat a medium saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shallots; saut 2 minutes or until tender.
- ☐ Remove shallots from pan; set aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, salt, and pepper in saucepan. Gradually add milk, stirring with a whisk until blended; stir in wine. Bring to a boil over medium-high heat, stirring constantly; cook 1 minute or until thick.
- ☐ Remove from heat.
- ☐ Place egg yolk in a medium bowl, and gradually stir about one-fourth of hot milk mixture into egg yolk, stirring constantly with a whisk.

- ☐ Add to remaining hot milk mixture, stirring constantly. Cook for 30 seconds, stirring constantly; remove from heat.
- ☐ Add cheese; stir until smooth. Stir in shallots, parsley, chives, oregano, and tarragon, if desired. Spoon cheese mixture into a large bowl.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into cheese mixture; gently fold in remaining egg white mixture. Spoon into prepared dish.
- ☐ Bake at 350 for 55 minutes or until puffy, golden, and set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:4.49, Inflammation Score:-6, Nutrition Score:8.4856521979622%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 143.77kcal (7.19%), Fat: 4.01g (6.16%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.63g (4.59%), Sugar: 3.94g (4.38%), Cholesterol: 39.48mg (13.16%), Sodium: 447.85mg (19.47%), Alcohol: 1.37g (100%), Alcohol %: 1.32% (100%), Protein: 10.63g (21.26%), Vitamin K: 26.81µg (25.53%), Selenium: 14.75µg (21.07%), Calcium: 200.4mg (20.04%), Vitamin B2: 0.32mg (18.64%), Phosphorus: 155.68mg (15.57%), Vitamin B1: 0.14mg (9%), Vitamin B12: 0.51µg (8.5%), Manganese: 0.17mg (8.29%), Folate: 31µg (7.75%), Vitamin A: 373.4IU (7.47%), Potassium: 243.45mg (6.96%), Iron: 1.06mg (5.9%), Magnesium: 22.36mg (5.59%), Vitamin B6: 0.1mg (5.19%), Vitamin D: 0.74µg (4.94%), Zinc: 0.73mg (4.87%), Vitamin B5: 0.46mg (4.65%), Vitamin B3: 0.83mg (4.15%), Vitamin C: 3.15mg (3.82%), Fiber: 0.89g (3.56%), Copper: 0.05mg (2.42%), Vitamin E: 0.19mg (1.26%)