



## Peach Soufflés

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 2 tablespoons cornstarch
- 1 teaspoon cream of tartar
- 5 large egg whites
- 2 large egg yolks
- 0.7 cup granulated sugar divided
- 2 tablespoons granulated sugar
- 2 tablespoons juice of lemon fresh

- 2 cups peaches peeled chopped ( 3 medium)
- 1 teaspoon powdered sugar
- 0.1 teaspoon salt

## Equipment

- food processor
- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- blender

## Directions

- Position oven rack to the lowest setting, and remove middle rack. Preheat oven to 425
- Lightly coat 6 (8-ounce) souffl dishes with cooking spray.
- Sprinkle evenly with 2 tablespoons granulated sugar. Set aside.
- Place peaches and 1/3 cup granulated sugar in a food processor; process until smooth.
- Combine peach mixture, cornstarch, juice, salt, and egg yolks in a medium saucepan, stirring well with a whisk; bring to a boil. Cook for 1 minute, stirring constantly with a whisk.
- Remove from heat; stir in butter. Cool 5 minutes.
- Place cream of tartar and egg whites in a large mixing bowl, and beat with a mixer at high speed until soft peaks form.
- Add the remaining 1/3 cup granulated sugar, 2 tablespoons at a time, beating until stiff peaks form (do not overbeat). Gently stir 1/4 of egg whites into peach mixture, and gently fold in remaining egg white mixture. Gently spoon the mixture into prepared dishes. Sharply tap dishes 2 or 3 times on counter to level.
- Place dishes on a baking sheet, and place baking sheet on the bottom rack of 425 oven. Immediately reduce oven temperature to 350 (do not remove souffls from oven).

- Bake for 28 minutes at 350 or until a wooden pick inserted in the side of souffl comes out clean.
- Sprinkle evenly with powdered sugar.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:38.41, Glycemic Load:20.08, Inflammation Score:-3, Nutrition Score:3.6821739103483%

### Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

### Nutrients (% of daily need)

Calories: 202.37kcal (10.12%), Fat: 5.57g (8.57%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 34.32g (12.48%), Sugar: 31.16g (34.62%), Cholesterol: 71.23mg (23.74%), Sodium: 134.32mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Selenium: 10.04µg (14.34%), Vitamin B2: 0.17mg (10.23%), Vitamin A: 365.98IU (7.32%), Potassium: 203.02mg (5.8%), Vitamin C: 4.04mg (4.9%), Vitamin E: 0.64mg (4.24%), Phosphorus: 39.41mg (3.94%), Folate: 13.59µg (3.4%), Fiber: 0.81g (3.24%), Vitamin B5: 0.31mg (3.12%), Copper: 0.06mg (2.79%), Vitamin B12: 0.14µg (2.39%), Vitamin B3: 0.45mg (2.25%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.08%), Vitamin D: 0.31µg (2.04%), Magnesium: 7.9mg (1.97%), Vitamin B6: 0.04mg (1.82%), Vitamin K: 1.91µg (1.82%), Zinc: 0.27mg (1.8%), Vitamin B1: 0.02mg (1.66%), Calcium: 13.1mg (1.31%)