



## Polenta Soufflé and Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.1 lb butter
- ☐ 8 cups crisped butter lettuce leaves rinsed
- ☐ 4 large eggs separated
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 cups milk
- ☐ 4 servings mushroom dressing
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.5 cup polenta
- ☐ 0.8 teaspoon salt
- ☐ 1 oz cambozola fondue
- ☐ 1 oz camb ola fondue

## Equipment



- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

## Directions

- ☐ Butter 4 souffl dishes (1 1/4- to 1 1/2-cup size) and dust with the parmesan cheese.
- ☐ In a 3- to 4-quart pan, mix milk with polenta and 3/4 teaspoon salt; add 1/4 cup butter, cut into chunks. Stir over medium-high heat until mixture boils, then reduce heat to medium and stir until polenta is thick enough to hold a clean path for a few seconds when spoon is drawn across bottom of pan, 8 to 10 minutes; remove from heat.
- ☐ Meanwhile, in a large bowl, with a mixer on high speed, whip egg whites until they hold distinct, moist peaks.
- ☐ Stir baking powder into polenta, then add egg yolks and stir to mix well.
- ☐ Add about 1/4 of the egg whites and stir to mix. Fold polenta mixture into remaining egg whites. Spoon batter equally into souffl dishes. Set dishes slightly apart in a shallow 10- by 15-inch pan.
- ☐ Bake in 375 regular or convection oven until souffls are well browned, 30 to 40 minutes. Set each on a plate and mound lettuce leaves beside the dish. Spoon warm mushroom dressing equally onto lettuce. Spoon cambozola fondue equally over souffls and salads; sprinkle with chives.
- ☐ Add salt to taste.

## Nutrition Facts



 **PROTEIN 18.93%**  **FAT 48.47%**  **CARBS 32.6%**

Properties

Glycemic Index:51.75, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:35.206521822059%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 393.86kcal (19.69%), Fat: 22.06g (33.94%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 27.81g (10.11%), Sugar: 10.68g (11.86%), Cholesterol: 202.82mg (67.61%), Sodium: 913.76mg (39.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.77%), Vitamin K: 487.87µg (464.64%), Vitamin A: 16775.71IU (335.51%), Folate: 371.95µg (92.99%), Calcium: 460.24mg (46.02%), Manganese: 0.9mg (44.82%), Phosphorus: 446.58mg (44.66%), Vitamin B2: 0.72mg (42.22%), Potassium: 1423.95mg (40.68%), Iron: 7.15mg (39.72%), Selenium: 24.87µg (35.53%), Vitamin B6: 0.58mg (29.15%), Vitamin B1: 0.39mg (25.86%), Magnesium: 89.96mg (22.49%), Vitamin C: 18.43mg (22.34%), Fiber: 5.57g (22.29%), Vitamin B5: 2.07mg (20.68%), Vitamin B12: 1.15µg (19.2%), Vitamin D: 2.36µg (15.71%), Zinc: 2.3mg (15.31%), Vitamin E: 1.89mg (12.62%), Vitamin B3: 2.14mg (10.72%), Copper: 0.13mg (6.74%)