

Potato Soufflé

READY IN



45 min.

SERVINGS



10

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes cubed peeled
- ☐ 1 cup breadcrumbs homemade soft toasted (; see Note)
- ☐ 3 tablespoons butter
- ☐ 6 tablespoons butter
- ☐ 4 egg yolks lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 large onion chopped

- ☐ 0.5 cup freshly parmesan cheese shredded
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 10 servings garnish: thyme fresh

Equipment

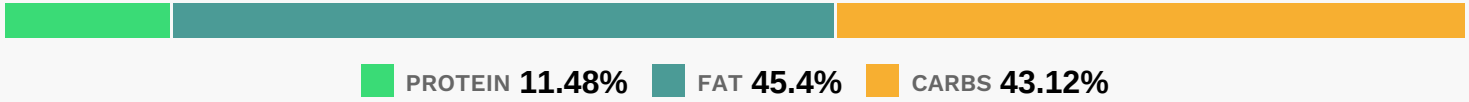
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ potato masher
- ☐ springform pan

Directions

- ☐ Cook potato in boiling salted water to cover 25 minutes or until tender; drain well. Return potato to pan; mash with a potato masher.
- ☐ Melt 6 tablespoons butter in a heavy saucepan over medium heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk; cook over medium heat, whisking constantly, until sauce is thickened and bubbly.
- ☐ Remove from heat; cool.
- ☐ Melt 3 tablespoons butter in a large skillet over medium heat; add onion, and saut 10 minutes or until tender and browned.
- ☐ Stir together mashed potato, onion, white sauce, beaten egg yolks, and next 4 ingredients. Mash with potato masher until smooth.
- ☐ Butter a 9" x 3" springform pan.
- ☐ Add 1/2 cup breadcrumbs, tilting to coat bottom and sides of pan. Freeze 1 minute to set crumbs. Spoon potato filling into pan. Top with remaining 1/2 cup breadcrumbs.
- ☐ Bake, uncovered, at 400 for 50 minutes or until set. Cool 15 minutes before removing sides of pan.

- ☐
- Garnish, if desired.
- ☐
- Serve warm.
- ☐
- Note: Make fresh breadcrumbs easily by tearing a few pieces from a French baguette. Pulse bread in a food processor or mini chopper until you get coarse crumbs.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:17.63, Inflammation Score:-8, Nutrition Score:11.313912951428%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 307.26kcal (15.36%), Fat: 15.66g (24.1%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 31.22g (11.35%), Sugar: 4.33g (4.81%), Cholesterol: 87.02mg (29.01%), Sodium: 537.9mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin B6: 0.41mg (20.56%), Phosphorus: 195.11mg (19.51%), Vitamin B1: 0.28mg (18.58%), Calcium: 172.97mg (17.3%), Manganese: 0.34mg (17.13%), Selenium: 11.37µg (16.24%), Potassium: 526.63mg (15.05%), Vitamin A: 721.95IU (14.44%), Vitamin B2: 0.24mg (14.11%), Folate: 50.04µg (12.51%), Iron: 2.05mg (11.38%), Vitamin B3: 2.13mg (10.66%), Magnesium: 39.05mg (9.76%), Vitamin C: 7.91mg (9.59%), Fiber: 2.26g (9.06%), Vitamin B12: 0.51µg (8.57%), Vitamin B5: 0.81mg (8.15%), Copper: 0.15mg (7.55%), Zinc: 1.01mg (6.75%), Vitamin D: 0.95µg (6.34%), Vitamin E: 0.64mg (4.25%), Vitamin K: 2.87µg (2.73%)