



Rangpur Lime Soufflés

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

Ingredients

- 0.3 cup butter plus more for ramekins
- 0.3 teaspoon cream of tartar
- 6 large eggs separated
- 0.3 cup flour
- 1 cup half-and-half
- 6 tablespoons rangpur lime juice fresh
- 4 large lime zest shredded finely
- 0.7 cup sugar divided

Equipment

- bowl
- sauce pan
- oven
- whisk
- blender
- ramekin
- baking pan

Directions

- Preheat oven to 37
- Butter 6 ramekins, 1 1/4- to 1 1/2-cup size. Set in a rimmed baking pan.
- Melt butter in a medium saucepan over medium-high heat.
- Whisk in flour, then half-and-half and 1/3 cup sugar. Cook, whisking, until mixture boils; boil 30 seconds more.
- Remove from heat and whisk in zest and juice until smooth.
- Whisk in egg yolks.
- In a large bowl of a mixer, beat egg whites on high speed until frothy.
- Add cream of tartar and beat until soft peaks form. Gradually add remaining 1/3 cup sugar, beating until whites hold straight peaks when beaters are lifted.
- Fold 1/4 of whites into yolk mixture, then fold all of yolk mixture into rest of whites. Spoon into ramekins (they'll be nearly full).
- Bake until souffls no longer jiggle when gently shaken, 15 to 18 minutes.
- Serve immediately.

Nutrition Facts

  
 PROTEIN 10.45%  FAT 47.5%  CARBS 42.05%

Properties

Glycemic Index:37.85, Glycemic Load:19.49, Inflammation Score:-5, Nutrition Score:8.8747825415238%

Flavonoids

Hesperetin: 21.74mg, Hesperetin: 21.74mg, Hesperetin: 21.74mg, Hesperetin: 21.74mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 316.75kcal (15.84%), Fat: 17.31g (26.62%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 33.05g (12.02%), Sugar: 26.27g (29.19%), Cholesterol: 220.45mg (73.48%), Sodium: 157.85mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Selenium: 18.83µg (26.9%), Vitamin C: 17.71mg (21.46%), Vitamin B2: 0.35mg (20.69%), Phosphorus: 155.33mg (15.53%), Vitamin A: 708.89IU (14.18%), Vitamin B5: 1.03mg (10.32%), Folate: 38.84µg (9.71%), Calcium: 91.84mg (9.18%), Vitamin B12: 0.54µg (8.96%), Iron: 1.45mg (8.07%), Vitamin D: 1µg (6.67%), Vitamin B6: 0.13mg (6.66%), Vitamin E: 0.97mg (6.44%), Potassium: 223.03mg (6.37%), Vitamin B1: 0.1mg (6.35%), Zinc: 0.9mg (6.02%), Fiber: 1.42g (5.68%), Copper: 0.08mg (4.08%), Magnesium: 15.23mg (3.81%), Manganese: 0.06mg (3.01%), Vitamin B3: 0.5mg (2.49%), Vitamin K: 1.62µg (1.54%)