



Raspberry-Chocolate Soufflés

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 4 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.5 cup milk 1% low-fat divided
- ☐ 10 ounce raspberries unsweetened frozen thawed
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 2.5 tablespoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 40
- ☐ Coat 6 (6-ounce) ramekins or custard cups with cooking spray. Divide 2 1/2 tablespoons sugar evenly among the 6 ramekins, and turn to coat insides of ramekins with sugar.
- ☐ Combine 6 tablespoons milk and raspberries in a blender or food processor; process until smooth. Strain raspberry mixture through a sieve over a large bowl, pressing with back of a spoon to remove as much liquid as possible. Discard solids in sieve.
- ☐ Add egg yolks to raspberry mixture; stir with a whisk until smooth.
- ☐ Combine remaining 2 tablespoons milk and cornstarch, stirring with a whisk.
- ☐ Add cornstarch mixture to raspberry mixture; stir well.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into raspberry mixture; gently fold in remaining egg white mixture. Fold in chocolate just until combined. Spoon into the 6 prepared ramekins, and place ramekins on a baking sheet.
- ☐ Bake at 400 for 14 minutes or until souffls are puffed and lightly browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:11.91, Inflammation Score:-3, Nutrition Score:6.9213042570197%

Flavonoids

Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 184.54kcal (9.23%), Fat: 5.71g (8.78%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 25.39g (9.23%), Sugar: 22.8g (25.33%), Cholesterol: 62.75mg (20.92%), Sodium: 48.61mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.11g (10.23%), Manganese: 0.45mg (22.46%), Fiber: 3.84g (15.36%), Vitamin C: 12.38mg (15.01%), Selenium: 9.01µg (12.87%), Vitamin B2: 0.18mg (10.57%), Copper: 0.17mg (8.59%), Phosphorus: 84.1mg (8.41%), Magnesium: 32.13mg (8.03%), Iron: 1.11mg (6.17%), Potassium: 198.6mg (5.67%), Calcium: 51.49mg (5.15%), Folate: 19.47µg (4.87%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.27µg (4.45%), Vitamin K: 4.43µg (4.21%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.52µg (3.48%), Vitamin B6: 0.06mg (3.1%), Vitamin A: 140.58IU (2.81%), Vitamin B1: 0.04mg (2.68%), Vitamin B3: 0.41mg (2.04%)