



Raspberry-Macaroon Soufflé

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

DESSERT

Ingredients

- 2 oz almond macaroons crushed
- 0.3 cup apricot preserves
- 2 tablespoons butter
- 6 large eggs
- 2 tablespoons flour all-purpose
- 3 cups raspberries rinsed drained
- 6 tablespoons sugar

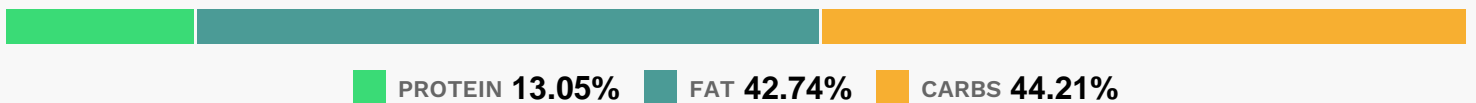
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Separate egg whites and yolks. Put whites in a large, deep bowl, and yolks in a medium bowl. With a mixer on high speed, whip whites until they hold soft peaks; gradually adding sugar, beat on high speed until whites hold stiff peaks, 3 to 5 minutes total. Scrape whites off beaters but don't wash.
- With mixer on high speed, whip yolks for 1 minute.
- Add flour and beat on high speed until mixture is very thick, 2 to 3 minutes more.
- Put an 8 1/2- to 9-inch-wide (or 7- by 10-in. oval) ovenproof frying pan or shallow metal pan over medium heat; add butter and jam.
- Heat until butter is melted, stirring occasionally, about 3 minutes. Turn heat to low and sprinkle about half the cookie crumbs and 1 cup of the berries into pan.
- Stir about 1/4 of the egg whites into the yolks, then fold yolk mixture into whites; some streaking is fine.
- Turn heat to medium-high and quickly mound egg mixture in pan.
- Sprinkle with remaining cookie crumbs. Cook about 1 minute.
- Set pan in a 350 oven and bake until eggs are tinged with brown and set, but still slightly creamy, in the center (jiggle to test), 15 to 18 minutes (10 to 12 minutes in a convection oven).
- Meanwhile, divide remaining berries equally among wide bowls.
- Serve souffle immediately, dipping to bottom of pan to spoon sauce and souffle into bowls.
- Add whipped cream to taste.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:10.69, Inflammation Score:-5, Nutrition Score:12.2613044440706%

Flavonoids

Cyanidin: 27.69mg, Cyanidin: 27.69mg, Cyanidin: 27.69mg, Cyanidin: 27.69mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 13.71g (21.09%), Saturated Fat: 2.72g (17%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 26.72g (9.72%), Sugar: 20.94g (23.26%), Cholesterol: 186mg (62%), Sodium: 121.13mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Manganese: 0.65mg (32.74%), Selenium: 17.04µg (24.34%), Vitamin E: 3.63mg (24.2%), Vitamin B2: 0.38mg (22.25%), Fiber: 5.19g (20.75%), Vitamin C: 16.89mg (20.47%), Phosphorus: 166.02mg (16.6%), Magnesium: 45.93mg (11.48%), Folate: 45.01µg (11.25%), Vitamin B5: 1.03mg (10.26%), Copper: 0.2mg (10.25%), Iron: 1.83mg (10.14%), Vitamin A: 483.77IU (9.68%), Zinc: 1.22mg (8.12%), Vitamin B12: 0.45µg (7.49%), Calcium: 72.94mg (7.29%), Potassium: 243.86mg (6.97%), Vitamin B6: 0.14mg (6.75%), Vitamin D: 1µg (6.67%), Vitamin B1: 0.08mg (5.24%), Vitamin K: 4.84µg (4.61%), Vitamin B3: 0.89mg (4.46%)