



Raspberry Soufflés with Bittersweet Chocolate Sauce

 Gluten Free  Dairy Free

READY IN



56 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 10 servings bittersweet chocolate sauce
- ☐ 10 servings bitter chocolate sauce sweet
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 2 large egg yolks lightly beaten
- ☐ 0.3 cup no-sugar-added raspberry fruit spread seedless

- ☐ 3 cups raspberries fresh divided
- ☐ 2 tablespoons raspberry liqueur
- ☐ 2 tablespoons sugar
- ☐ 2.5 teaspoons sugar
- ☐ 3 tablespoons sugar

Equipment

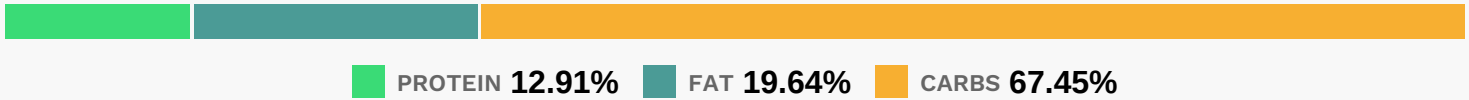
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Place 2 1/2 cups fresh raspberries in a blender or food processor; process until smooth. Strain through a sieve into a bowl to measure 3/4 cup juice. Discard remaining solids. Crush remaining 1/2 cup raspberries; set aside.
- ☐ Combine sugar and cornstarch in a small saucepan. Gradually add raspberry juice, stirring until smooth. Bring to a boil over medium heat, stirring constantly. Reduce heat, and simmer, stirring constantly, 2 minutes or until thick. Gradually stir about 1/4 of hot mixture into egg yolks; add to remaining hot mixture, stirring constantly. Stir in fruit spread and liqueur. Cook, stirring constantly, over low heat 2 minutes or until spread melts.
- ☐ Remove from heat; cool.
- ☐ Coat 10 (6-ounce) souffl dishes with cooking spray; sprinkle 1/4 teaspoon sugar over bottom and sides of each dish.
- ☐ Place dishes on a jelly roll pan; set aside.
- ☐ Preheat oven to 35
- ☐ Place egg whites and cream of tartar in a medium bowl; beat with a mixer at high speed until foamy. Gradually add 3 tablespoons sugar, 1 tablespoon at a time, beating until soft peaks

- form. Fold 1/4 of egg white mixture into raspberry mixture. Fold raspberry mixture into remaining egg white. Fold in reserved crushed raspberries.
- ☐ Pour into prepared dishes.
 - ☐ Bake at 350 for 25 minutes or until souffls are puffed and lightly browned.
 - ☐ Drizzle each souffl with 1 tablespoon chocolate sauce before serving.
 - ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:3.8300000066343%

Flavonoids

Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 95.78kcal (4.79%), Fat: 1.96g (3.02%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 12.64g (4.6%), Sugar: 10.91g (12.13%), Cholesterol: 36.84mg (12.28%), Sodium: 30.12mg (1.31%), Alcohol: 0.78g (100%), Alcohol %: 1.28% (100%), Protein: 2.9g (5.8%), Manganese: 0.27mg (13.65%), Vitamin C: 9.43mg (11.43%), Fiber: 2.51g (10.04%), Selenium: 5.53µg (7.9%), Vitamin B2: 0.11mg (6.28%), Magnesium: 13.55mg (3.39%), Copper: 0.07mg (3.31%), Folate: 13.18µg (3.3%), Phosphorus: 31.71mg (3.17%), Potassium: 109.75mg (3.14%), Vitamin K: 2.98µg (2.83%), Iron: 0.49mg (2.75%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.66%), Calcium: 15.91mg (1.59%), Vitamin B12: 0.08µg (1.41%), Vitamin B3: 0.25mg (1.27%), Vitamin B1: 0.02mg (1.26%), Vitamin A: 61.91IU (1.24%), Vitamin D: 0.18µg (1.22%)