



## Red Pepper Cornmeal Souffle

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 large onion chopped
- 1 cup bell pepper sweet red chopped
- 0.3 cup butter
- 3 cups milk whole
- 0.7 cup cornmeal
- 1 cup sharp cheddar cheese shredded
- 2 tablespoons parsley fresh minced
- 1 teaspoon salt divided

- 0.5 teaspoon pepper white
- 2 large egg yolk beaten
- 7 large egg whites
- 0.5 teaspoon cream of tartar

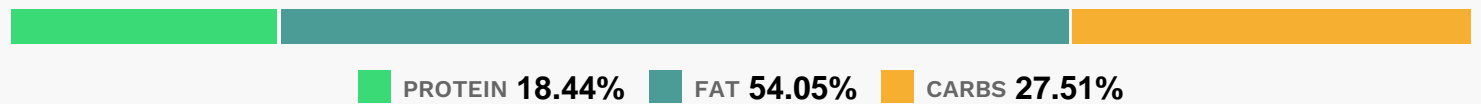
## Equipment

- bowl
- sauce pan
- oven
- whisk

## Directions

- In a large saucepan, saute the onion and red pepper in butter until tender.
- Add the milk. Bring to a boil. Gradually whisk in cornmeal; whisk constantly until thickened, about 5 minutes.
- Add the cheese, parsley, 1/2 teaspoon salt and pepper.
- Add 1 cup cornmeal mixture to the egg yolks; mix well. Return all to saucepan.
- In a large bowl, beat egg whites, cream of tartar and remaining 1/2 teaspoon salt until stiff peaks form. Fold into the cornmeal mixture.
- Transfer to a greased 2-qt. souffle dish.
- Bake at 375° until golden brown, 35-40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.45, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:9.7152174037436%

## Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 205.22kcal (10.26%), Fat: 12.42g (19.11%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 12.61g (4.59%), Sugar: 5.18g (5.75%), Cholesterol: 69.01mg (23%), Sodium: 412.89mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin C: 21.27mg (25.78%), Vitamin A: 956.87IU (19.14%), Calcium: 183.95mg (18.39%), Phosphorus: 176.49mg (17.65%), Vitamin B2: 0.3mg (17.62%), Selenium: 11.9µg (17%), Vitamin K: 14.84µg (14.14%), Vitamin B12: 0.61µg (10.2%), Vitamin B6: 0.19mg (9.52%), Zinc: 1.21mg (8.05%), Potassium: 278mg (7.94%), Magnesium: 29.79mg (7.45%), Vitamin D: 1.06µg (7.04%), Vitamin B1: 0.1mg (6.59%), Fiber: 1.62g (6.47%), Vitamin B5: 0.6mg (6.03%), Manganese: 0.12mg (5.95%), Folate: 22.97µg (5.74%), Vitamin E: 0.62mg (4.16%), Iron: 0.61mg (3.41%), Vitamin B3: 0.55mg (2.73%), Copper: 0.05mg (2.45%)