



## Rich Chocolate Soufflé Cakes with Crème Anglaise

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup dutch-processed cocoa powder
- ☐ 4 large egg whites
- ☐ 2 large egg yolk
- ☐ 3 large egg yolk
- ☐ 1 cup milk 1% low-fat

- ☐ 0.1 teaspoon salt
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 8 teaspoons sugar
- ☐ 1 ounce baker's chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

## Equipment

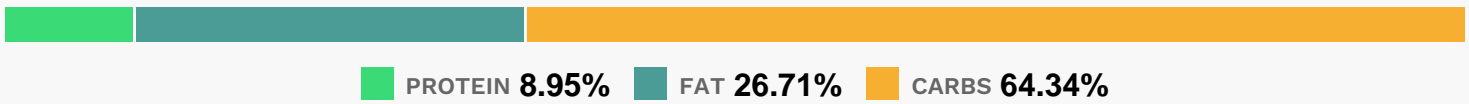
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ baking pan

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare souffl cakes, lightly coat 8 (4-ounce) ramekins with cooking spray.
- ☐ Sprinkle each with 1 teaspoon sugar.
- ☐ Combine 2/3 cup sugar and 1/2 cup water in a medium, heavy saucepan. Bring to a boil over medium heat, stirring to dissolve sugar.
- ☐ Remove from heat.

- ☐ Add chocolates, stirring with a whisk until chocolates melt.
- ☐ Combine 1/2 cup cocoa, 3 tablespoons cornstarch, and 1/8 teaspoon salt.
- ☐ Add cocoa mixture to chocolate mixture, stirring with a whisk.
- ☐ Whisk in 2 egg yolks and 1 teaspoon vanilla.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at medium speed until soft peaks form. Gradually add 3 tablespoons sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form. Gently stir one-fourth egg white mixture into chocolate mixture; fold in remaining egg white mixture. Spoon chocolate mixture into prepared ramekins.
- ☐ Place ramekins in a large baking dish; add hot water to dish to a depth of 3/4 inch.
- ☐ Bake at 350 for 15 minutes or until puffy and slightly cracked.
- ☐ Remove ramekins from dish, and place on a wire rack.
- ☐ To prepare crme anglaise, combine 3 egg yolks and 1/8 teaspoon salt in a medium bowl. Gradually add 1/3 cup sugar, whisking until thick and pale yellow (about 3 minutes).
- ☐ Heat milk in a heavy saucepan over medium heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Gradually add hot milk to egg yolk mixture, stirring with a whisk. Return egg yolk mixture to pan; cook over medium-low heat 5 minutes or until slightly thick and mixture coats the back of a spoon, stirring constantly (do not boil).
- ☐ Remove from heat. Stir in 2 teaspoons vanilla.
- ☐ Serve with souffl cakes.
- ☐ Note: A water bath tempers the heat and insulates the souffls, ensuring a creamy texture. Line the baking dish with a towel to keep the ramekins in place.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:23.39, Inflammation Score:-4, Nutrition Score:8.1499999865242%

## Flavonoids

Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg Epicatechin: 15.58mg, Epicatechin: 15.58mg, Epicatechin: 15.58mg, Epicatechin: 15.58mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 271.49kcal (13.57%), Fat: 8.54g (13.14%), Saturated Fat: 4.32g (27.03%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 43.1g (15.67%), Sugar: 37.99g (42.21%), Cholesterol: 116.65mg (38.88%), Sodium: 84.55mg (3.68%), Alcohol: 0.52g (100%), Alcohol %: 0.52% (100%), Caffeine: 21.29mg (7.1%), Protein: 6.44g (12.88%), Manganese: 0.46mg (23.15%), Copper: 0.43mg (21.33%), Selenium: 11.81µg (16.87%), Phosphorus: 146.84mg (14.68%), Magnesium: 57.19mg (14.3%), Fiber: 3.17g (12.68%), Iron: 2.15mg (11.95%), Vitamin B2: 0.2mg (11.62%), Zinc: 1.28mg (8.53%), Potassium: 255.14mg (7.29%), Vitamin B12: 0.41µg (6.91%), Calcium: 67.92mg (6.79%), Vitamin D: 0.9µg (5.99%), Vitamin B5: 0.5mg (4.97%), Folate: 19.47µg (4.87%), Vitamin A: 214.58IU (4.29%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.2%), Vitamin E: 0.34mg (2.28%), Vitamin B3: 0.28mg (1.42%), Vitamin K: 1.09µg (1.04%)