

Ricotta Soufflés with Blackberry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 2 tablespoons flour
- 0.5 pound blackberries frozen
- 1 tablespoon cornstarch
- 6 large egg whites
- 4 large egg yolk
- 1 cup ricotta cheese fresh
- 3 tablespoons juice of lemon fresh
- 1 cup sugar divided

- 0.3 cup mirin sweet
- 1 cup milk whole

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- ramekin

Directions

- Whisk 3/4 cup sugar, cornstarch, and flour in large bowl.
- Add egg yolks and lemon peel; whisk to blend.
- Bring milk just to simmer in small saucepan over medium-high heat. Gradually whisk hot milk into yolk mixture. Return mixture to same saucepan and bring to boil over medium heat, whisking constantly. Boil 1 minute, whisking constantly (pastry cream will be thick).
- Spread pastry cream out to 1/3-inch thickness on small rimmed baking sheet. Cover completely with plastic wrap. Cool to room temperature.
- Transfer pastry cream to medium bowl.
- Whisk in ricotta. Cover and chill until cold, about 1 hour.
- Bring blackberries, vermouth, lemon juice, and 1/4 cup sugar to boil in small saucepan, crushing some berries and stirring to dissolve sugar. Reduce heat to medium-low; simmer until mixture thickens and measures 1 cup, about 8 minutes.
- Transfer blackberry compote to small bowl, cover with plastic wrap, and chill.
- Butter six 1/2-cup ramekins; coat with sugar, tapping out any excess. Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually beat in remaining 6 tablespoons sugar; continue beating until stiff but not dry. Fold egg whites into ricotta mixture. Spoon batter into ramekins; smooth tops. Run thumb 1/4 inch deep around inside edge of each soufflé dish to

wipe clean. do ahead Canbe made 4 hours ahead. Cover and chill.

- Preheat oven to 350°F.
- Bake soufflés until puffed and golden at edges, about 28 minutes (about 32 minutes if chilled).
- Serve immediately with blackberry compote.

Nutrition Facts



PROTEIN 15.36% FAT 28.48% CARBS 56.16%

Properties

Glycemic Index:39.18, Glycemic Load:26.12, Inflammation Score:-5, Nutrition Score:9.6143478414287%

Flavonoids

Cyanidin: 37.78mg, Cyanidin: 37.78mg, Cyanidin: 37.78mg, Cyanidin: 37.78mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.01mg, Catechin: 14.01mg, Catechin: 14.01mg, Catechin: 14.01mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 318.39kcal (15.92%), Fat: 10.06g (15.48%), Saturated Fat: 5.28g (33%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 42.55g (15.47%), Sugar: 37.67g (41.86%), Cholesterol: 148.36mg (49.45%), Sodium: 111.35mg (4.84%), Alcohol: 0.95g (100%), Alcohol %: 0.55% (100%), Protein: 12.21g (24.41%), Selenium: 20.96µg (29.94%), Vitamin B2: 0.37mg (21.83%), Phosphorus: 167.32mg (16.73%), Calcium: 164.66mg (16.47%), Manganese: 0.28mg (13.91%), Vitamin C: 10.84mg (13.14%), Vitamin B12: 0.61µg (10.18%), Vitamin A: 494.58IU (9.89%), Folate: 38.35µg (9.59%), Fiber: 2.11g (8.42%), Vitamin K: 8.15µg (7.76%), Vitamin B5: 0.77mg (7.66%), Zinc: 1.14mg (7.62%), Vitamin D: 1.14µg (7.61%), Potassium: 242.88mg (6.94%), Magnesium: 22.22mg (5.56%), Vitamin E: 0.81mg (5.42%), Vitamin B1: 0.08mg (5.23%), Vitamin B6: 0.1mg (4.99%), Iron: 0.87mg (4.85%), Copper: 0.1mg (4.78%), Vitamin B3: 0.52mg (2.61%)