



Roasted Garlic-and-Rosemary Soufflé

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 tablespoon breadcrumbs dry
- ☐ 4 large egg whites
- ☐ 2 large egg yolks lightly beaten
- ☐ 1 cup milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic head whole
- ☐ 1.5 ounces parmesan cheese fresh grated

☐ 0.3 teaspoon salt

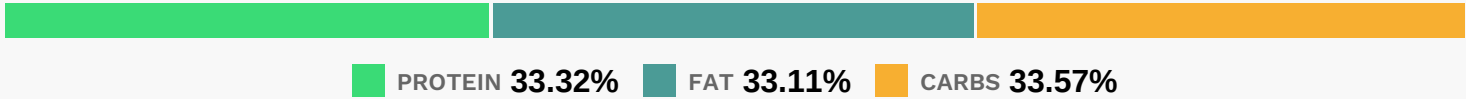
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves, and squeeze to extract the garlic pulp. Discard the skins.
- ☐ Coat a 1-quart souffl dish with cooking spray; sprinkle bottom of dish with breadcrumbs.
- ☐ Lightly spoon the flour into a dry measuring cup, and level with a knife. Spoon the flour and salt into a large saucepan, and gradually add milk, stirring with a whisk. Cook milk mixture over medium heat until thick (about 6 minutes), stirring constantly.
- ☐ Remove from heat. Stir in the garlic pulp, cheese, rosemary, and egg yolks.
- ☐ Beat egg whites and cream of tartar at high speed of a mixer until soft peaks form. Gently fold one-fourth of the egg white mixture into garlic mixture; gently fold in the remaining egg white mixture. Spoon into prepared souffl dish.
- ☐ Bake at 350 for 50 minutes or until puffy and set.

Nutrition Facts



Properties

Glycemic Index:39.21, Glycemic Load:3.65, Inflammation Score:-2, Nutrition Score:5.2434782327517%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 98.31kcal (4.92%), Fat: 3.55g (5.45%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.43g (2.7%), Cholesterol: 67.24mg (22.41%), Sodium: 278.94mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.05%), Selenium: 12.24µg (17.49%), Calcium: 151.59mg (15.16%), Vitamin B2: 0.24mg (13.91%), Phosphorus: 127.44mg (12.74%), Vitamin B12: 0.46µg (7.63%), Vitamin B1: 0.09mg (6.3%), Folate: 21.82µg (5.46%), Vitamin D: 0.79µg (5.27%), Potassium: 168.94mg (4.83%), Vitamin A: 220.67IU (4.41%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.58mg (3.89%), Manganese: 0.07mg (3.41%), Iron: 0.57mg (3.19%), Magnesium: 12.74mg (3.18%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.51mg (2.57%), Copper: 0.03mg (1.32%), Vitamin E: 0.17mg (1.11%)