



Roasted-Garlic Soufflé

READY IN



1500 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 0.1 teaspoon peppercorns black
- ☐ 1.5 tablespoons breadcrumbs dry fine
- ☐ 4 large egg whites separated
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 ounces gruyere cheese grated
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion sliced

- ☐ 3 ounces parmesan grated
- ☐ 3 large thyme leaves
- ☐ 7 tablespoons butter unsalted divided
- ☐ 3 large heads garlic clove whole smashed
- ☐ 2.5 cups milk whole

Equipment

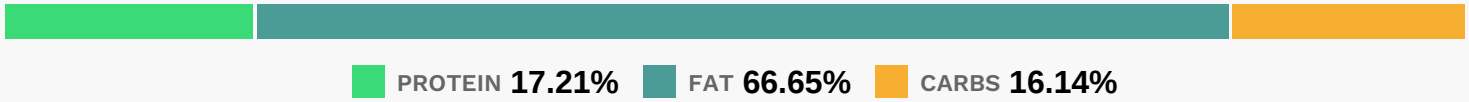
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Trim 1/4 inch from tops of whole heads of garlic, then put heads on a large sheet of foil and drizzle each with 1 teaspoon oil. Wrap heads together in foil and roast until very tender, 50 minutes to 1 hour. Cool to warm, then squeeze garlic from skins.
- ☐ Meanwhile, bring milk, smashed garlic cloves, onion, thyme sprigs, bay leaf, clove, and peppercorns just to a boil in a medium saucepan, then remove from heat and cover.
- ☐ Let steep 30 minutes.
- ☐ Butter a 12-inch oval (2-quart) gratin dish with 1 tablespoon butter, then sprinkle bottom and side with bread crumbs and chill until ready to use.
- ☐ Melt remaining 6 tablespoons butter in a heavy medium saucepan and whisk in flour. Cook roux over low heat, whisking constantly, 5 minutes.
- ☐ Strain milk mixture through a fine-mesh sieve, then add to roux, whisking until smooth. Bring to a boil, whisking, then simmer béchamel, whisking, 3 minutes.
- ☐ Remove from heat and vigorously whisk in yolks 1 at a time.

- ☐
- Whisk in roasted garlic, parmesan, nutmeg, 3/4 teaspoon salt, and 1/4 teaspoon pepper and transfer to a bowl.
- ☐
- Beat egg whites with a pinch of salt using an electric mixer until they just hold stiff peaks, then stir one third of egg whites into yolk mixture. Fold in Gruyère, then remaining whites.
- ☐
- Transfer mixture to gratin dish, smoothing top, and sprinkle with thyme leaves.
- ☐
- Bake soufflé until set and browned on top, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:4.39, Inflammation Score:-6, Nutrition Score:7.6621739553369%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 260.02kcal (13%), Fat: 19.38g (29.82%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 10.03g (3.65%), Sugar: 4.64g (5.15%), Cholesterol: 50.51mg (16.84%), Sodium: 293.15mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Calcium: 305.37mg (30.54%), Phosphorus: 212.46mg (21.25%), Vitamin B2: 0.27mg (16.1%), Selenium: 10.48µg (14.97%), Vitamin A: 599.21IU (11.98%), Vitamin B12: 0.69µg (11.58%), Vitamin B1: 0.11mg (7.66%), Vitamin D: 1.12µg (7.45%), Zinc: 0.99mg (6.63%), Magnesium: 22.59mg (5.65%), Potassium: 193.5mg (5.53%), Manganese: 0.1mg (5%), Vitamin B5: 0.47mg (4.7%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.63mg (4.17%), Folate: 15.94µg (3.98%), Iron: 0.55mg (3.04%), Vitamin B3: 0.57mg (2.84%), Vitamin K: 2.82µg (2.69%), Fiber: 0.54g (2.15%), Vitamin C: 1.74mg (2.11%), Copper: 0.03mg (1.69%)