



WHATSheATE



Romanoff's Chocolate Souffle



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cup egg whites (appx 12 egg whites)
- ☐ 6 large egg yolks
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar for egg whites
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 dash vanilla extract
- ☐ 2 cup milk whole

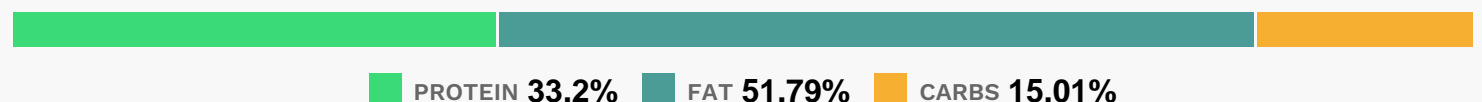
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees.
- ☐ Mix egg yolks with 2/3 cup of sugar and vanilla.
- ☐ Add flour and stir until it forms a smooth paste. In a heavy bottomed pot, bring milk to a boil.
- ☐ Add the paste like mixture to the milk.
- ☐ Let boil 2–3 minutes before stirring. Then use a wire whisk to mix, and use a wooden spatula to stir until the paste no longer sticks to the sides of the pot. In a separate pan, melt chocolate. Meanwhile, put the paste in a standing mixer and beat for approximately 10 to 15 minutes.
- ☐ Add melted chocolate and mix well.
- ☐ Place in a large mixing bowl and let cool.
- ☐ Place the egg whites in a mixing bowl with a dash of salt. Whip until they start to form meringue-like peaks. Then gradually add the remaining sugar and continue to beat until stiff. Egg whites should not slide if the bowl is tipped.
- ☐ Add one-fourth of the whites to the paste, folding with a rubber spatula. Make sure the chocolate paste is well incorporated at this step. Continue folding the remaining egg whites, one-fourth at a time, until well combined. Spoon into buttered and sugared 5 or 6 ounce soufflé dishes. Cook for 15 minutes. When done sprinkle with powdered sugar and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:7.3182608148326%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 7.33g (11.28%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.89g (3.21%), Cholesterol: 116.02mg (38.67%), Sodium: 183.78mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 10.58g (21.15%), Selenium: 19.25µg (27.5%), Vitamin B2: 0.39mg (23.15%), Manganese: 0.25mg (12.53%), Phosphorus: 120.86mg (12.09%), Copper: 0.21mg (10.28%), Vitamin B12: 0.52µg (8.62%), Calcium: 83.2mg (8.32%), Magnesium: 31.59mg (7.9%), Iron: 1.31mg (7.3%), Vitamin D: 1.09µg (7.25%), Zinc: 1mg (6.66%), Potassium: 230.43mg (6.58%), Vitamin B5: 0.61mg (6.12%), Folate: 18.91µg (4.73%), Vitamin A: 226.14IU (4.52%), Fiber: 0.94g (3.76%), Vitamin B1: 0.06mg (3.74%), Vitamin B6: 0.07mg (3.5%), Vitamin E: 0.31mg (2.07%)