



Santa Fe Corn Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarsely carrot shredded
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 ounce carton egg substitute
- ☐ 4 egg whites at room temperature ()
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 ounce regular corn frozen cream-style
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon pepper

- ☐ 2 tablespoons bottled roasted bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup skim milk
- ☐ 1 tablespoon cornmeal yellow
- ☐ 1 teaspoon or dried fresh minced

Equipment

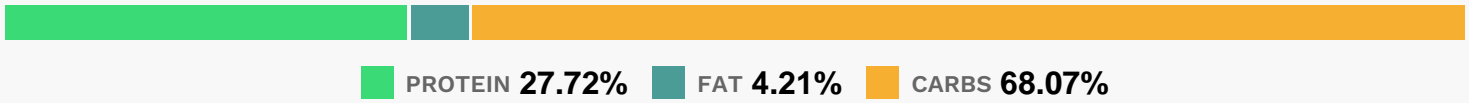
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Cut a piece of foil long enough to fit around a 2-quart souffl dish, allowing a 1-inch overlap; fold foil lengthwise into thirds. Lightly coat one side of foil and bottom of dish with cooking spray. Wrap foil around outside of dish, coated side against dish, allowing it to extend 4 inches above rim to form a collar; secure with string or masking tape.
- ☐ Steam carrot and onion, covered, 3 minutes; drain, and set aside. Cook corn according to package directions; set aside.
- ☐ Combine flour and cornmeal in a medium saucepan. Gradually add milk, stirring with a wire whisk until well-blended. Stir in corn. Bring milk mixture to a boil over medium heat, and cook 1 minute or until thickened, stirring constantly.
- ☐ Place egg substitute in a large bowl. Gradually add hot milk mixture to egg substitute, stirring constantly with a wire whisk. Stir in carrot mixture, bell pepper, cilantro, salt, chili powder, and pepper; set aside.
- ☐ Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form. Gently stir one-fourth of egg white mixture into milk mixture. Gently fold in the remaining egg white mixture.

- ☐
- Pour mixture into prepared souffl dish.
- ☐
- Bake at 400 for 10 minutes. Reduce oven temperature to 350, and bake an additional 45 minutes or until puffed and golden. Carefully remove foil collar, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.1, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:10.01869564471%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg 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: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 96.31kcal (4.82%), Fat: 0.48g (0.73%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.7g (5.71%), Sugar: 5.44g (6.05%), Cholesterol: 1.23mg (0.41%), Sodium: 488.79mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin A: 3776.64IU (75.53%), Selenium: 13.86µg (19.79%), Vitamin B2: 0.27mg (15.88%), Phosphorus: 101.71mg (10.17%), Potassium: 342.37mg (9.78%), Folate: 36.29µg (9.07%), Calcium: 82.58mg (8.26%), Vitamin C: 6.17mg (7.48%), Vitamin B6: 0.14mg (6.94%), Vitamin B1: 0.1mg (6.75%), Vitamin B5: 0.67mg (6.74%), Fiber: 1.61g (6.45%), Manganese: 0.13mg (6.28%), Magnesium: 24.46mg (6.12%), Vitamin B12: 0.32µg (5.32%), Zinc: 0.77mg (5.15%), Vitamin D: 0.75µg (5.01%), Vitamin B3: 1mg (4.97%), Iron: 0.89mg (4.96%), Vitamin E: 0.52mg (3.44%), Vitamin K: 3.34µg (3.18%), Copper: 0.06mg (3.16%)