



Shrimp and Crab Souffles with Red Bell Pepper and Tarragon

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 0.1 teaspoon cayenne pepper (scant)
- ☐ 3.5 ounces crab meat
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 large egg whites
- ☐ 6 large egg yolks
- ☐ 0.8 cup parmesan cheese grated

- ☐ 0.3 cup well-drained roasted peppers from jar red packed ()
- ☐ 1 teaspoon salt
- ☐ 1 large shallots minced
- ☐ 3.5 ounces shrimp cooked
- ☐ 2 tablespoons tarragon leaves fresh whole
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ oven mitt

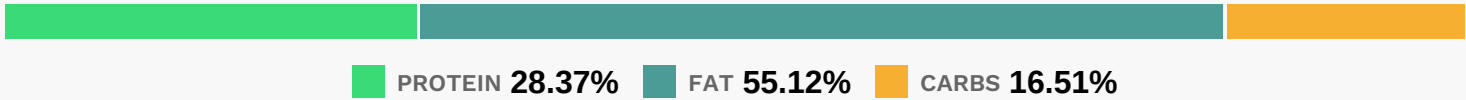
Directions

- ☐ Position rack in center of oven and preheat to 400°F. Butter one 10-cup soufflé dish or six 1 1/4-cup soufflé dishes; sprinkle with Parmesan cheese to coat. (If using 1 1/4-cup dishes, place all 6 on rimmed baking sheet.)
- ☐ Combine crab, shrimp, roasted peppers and tarragon in processor; chop finely, using on/off turns.
- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add flour, shallot and cayenne. Cook without browning until mixture begins to bubble, whisking constantly, about 1 minute. Gradually whisk in milk, then wine. Cook until smooth, thick and beginning to boil, whisking constantly, about 2 minutes.
- ☐ Remove from heat.
- ☐ Mix yolks and salt in bowl.
- ☐ Add yolk mixture all at once to sauce; whisk in quickly. Stir in crab mixture. Using electric mixer, beat whites in large bowl until stiff but not dry. Fold 1/4 of whites into lukewarm soufflé

base to lighten. Fold in 3/4 cup Parmesan cheese, then remaining whites.

- ☐
- Transfer soufflé mixture to prepared dish.
- ☐
- Place soufflé in oven.
- ☐
- Bake soufflé until puffed, golden and gently set in center, about 40 minutes for large soufflé (or 25 minutes for small soufflés). Using oven mitts, transfer soufflé to platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:5.27, Inflammation Score:-6, Nutrition Score:14.5426089349%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 298.52kcal (14.93%), Fat: 17.82g (27.42%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.46g (4.17%), Sugar: 3.31g (3.68%), Cholesterol: 254.48mg (84.83%), Sodium: 1008.04mg (43.83%), Alcohol: 1.03g (100%), Alcohol %: 0.66% (100%), Protein: 20.64g (41.27%), Selenium: 32.08µg (45.83%), Vitamin B12: 2.32µg (38.65%), Phosphorus: 297.01mg (29.7%), Vitamin B2: 0.47mg (27.83%), Calcium: 251.15mg (25.11%), Zinc: 2.54mg (16.96%), Vitamin A: 821.79IU (16.44%), Manganese: 0.3mg (15.08%), Copper: 0.28mg (14.14%), Folate: 55.22µg (13.8%), Vitamin B6: 0.22mg (10.88%), Potassium: 376.77mg (10.76%), Iron: 1.91mg (10.64%), Magnesium: 42.31mg (10.58%), Vitamin D: 1.54µg (10.26%), Vitamin B5: 0.94mg (9.37%), Vitamin B1: 0.13mg (8.71%), Vitamin C: 5.4mg (6.55%), Vitamin E: 0.76mg (5.1%), Vitamin B3: 0.93mg (4.66%), Fiber: 0.56g (2.22%), Vitamin K: 1.27µg (1.21%)