



Skillet Soufflé

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 6 large eggs separated
- 0.3 cup chives fresh chopped
- 4 ounces goat cheese
- 0.5 pint grape tomatoes halved
- 1 teaspoon kosher salt
- 1 optional: lemon cut into wedges
- 2 tablespoons olive oil extra virgin extra-virgin

- 5 ounce the salad
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- spatula

Directions

- Heat oven to 400 F. In a large bowl, whisk together the egg yolks, chives, salt, and pepper. In a separate bowl, with an electric mixer on medium-high, beat the egg whites until stiff peaks form. Using a spatula, gently fold the egg whites into the yolk mixture. Meanwhile, melt the butter in a large nonstick skillet over medium-low heat and tilt to coat the sides.
- Add the souffl mixture and crumble the cheese over the top.
- Bake until the eggs are puffed and golden, about 10 minutes.
- Cut into wedges. Divide the souffl, salad greens, and tomatoes among plates.
- Drizzle the greens with the oil and serve with the lemon. Tip: When you make the Skillet Souffl, keep in mind that deflating is part of the natural life cycle of any souffl. Though this skillet version is sturdier than the average recipe, don't be dismayed (or apologetic) when it eventually falls.

Nutrition Facts

 PROTEIN 21.46%  FAT 69.62%  CARBS 8.92%

Properties

Glycemic Index:35.13, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:15.54478253489%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 294.28kcal (14.71%), Fat: 23.19g (35.68%), Saturated Fat: 9.28g (58%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.13g (1.87%), Sugar: 2.81g (3.12%), Cholesterol: 299.57mg (99.86%), Sodium: 805.53mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.17%), Vitamin C: 32.09mg (38.89%), Vitamin A: 1796.02IU (35.92%), Selenium: 24.13µg (34.48%), Vitamin B2: 0.49mg (28.77%), Phosphorus: 255.9mg (25.59%), Folate: 66.36µg (16.59%), Copper: 0.33mg (16.54%), Vitamin E: 2.29mg (15.29%), Vitamin B5: 1.5mg (15.03%), Vitamin B6: 0.3mg (14.98%), Vitamin K: 15.4µg (14.66%), Iron: 2.49mg (13.85%), Vitamin B12: 0.73µg (12.12%), Vitamin D: 1.67µg (11.11%), Calcium: 103.35mg (10.34%), Potassium: 359.35mg (10.27%), Manganese: 0.2mg (10.19%), Zinc: 1.44mg (9.6%), Magnesium: 27.45mg (6.86%), Vitamin B1: 0.1mg (6.36%), Fiber: 1.56g (6.24%), Vitamin B3: 0.77mg (3.85%)