



Smoked salmon soufflés

READY IN



60 min.

SERVINGS



6

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 g butter
- ☐ 25 g flour plain
- ☐ 300 ml milk
- ☐ 85 g cheese
- ☐ 2 tsp optional: dill chopped
- ☐ 3 large eggs separated
- ☐ 85 g salmon smoked chopped
- ☐ 0.5 lemon zest
- ☐ 6 tsp crème fraîche

- ☐ 2 large slices salmon smoked
- ☐ 6 servings optional: dill

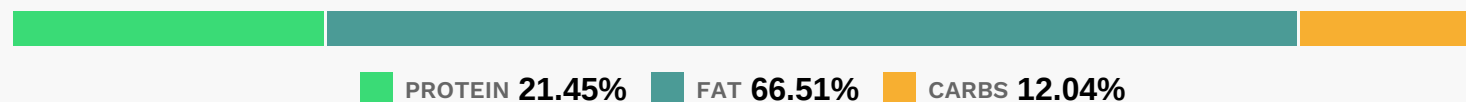
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Put the butter, flour and milk in a pan and cook, stirring over the heat until thickened. Stir in the cheese, in small spoonfuls, and the dill; season to taste, then beat to incorporate.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Butter 6 x 150ml souffl dishes and line the base with baking paper. Stir the egg yolks into the sauce, add the chopped salmon and lemon.
- ☐ Whisk the egg whites until stiff, then carefully fold into the salmon mix. Spoon into the dishes and bake in a tin half-filled with cold water for 15 mins until risen and golden. Cool; dont worry if they sink.
- ☐ To freeze, cool completely, then overwrap the dishes with baking paper and foil. They will keep in the freezer for 6 weeks. Thaw for 5 hrs in the fridge.
- ☐ When ready to serve, very carefully turn the souffls out of their dishes, peel off the lining paper and place on squares of baking paper. Top with the crme frache and bake for 10-15 mins at 200C/180C fan/gas 6 until the souffls start to puff up. Quickly top each with a frill of salmon and a dill sprig.
- ☐ Serve on their own or with some dressed salad leaves.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:3.31, Inflammation Score:-4, Nutrition Score:8.8099999013154%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.63kcal (10.63%), Fat: 15.7g (24.15%), Saturated Fat: 8.43g (52.71%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 6.22g (2.26%), Sugar: 2.79g (3.1%), Cholesterol: 133.38mg (44.46%), Sodium: 305.73mg (13.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Selenium: 18.99µg (27.13%), Vitamin D: 3.63µg (24.21%), Phosphorus: 199.53mg (19.95%), Vitamin B12: 1.14µg (19.06%), Calcium: 186.39mg (18.64%), Vitamin B2: 0.29mg (17.23%), Vitamin A: 575.16IU (11.5%), Vitamin B5: 0.8mg (8.01%), Zinc: 1.15mg (7.66%), Vitamin B6: 0.13mg (6.44%), Folate: 23.34µg (5.84%), Vitamin B1: 0.08mg (5.37%), Vitamin B3: 1.02mg (5.11%), Vitamin E: 0.76mg (5.09%), Potassium: 160.98mg (4.6%), Iron: 0.79mg (4.41%), Magnesium: 17.22mg (4.31%), Copper: 0.06mg (3.2%), Manganese: 0.04mg (2.17%), Vitamin K: 1.12µg (1.07%)