



Soufflé au chocolat

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

Ingredients

- 340 g chocolate chopped
- 6 large egg whites at room temperature
- 2 large egg yolk
- 1 cup cup heavy whipping cream
- 1 pinch salt
- 2 tbsp sugar

Equipment

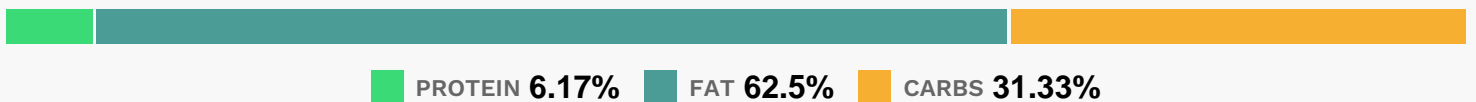
- bowl

- baking sheet
- sauce pan
- oven
- hand mixer
- spatula

Directions

- Butter eight 3/4-cup souffl dishes; sprinkle with sugar, tilting cups to coat completely and tapping out any excess.2.Arrange prepared souffl dishes on large baking sheet.
- Combine chocolate and cream in large metal bowl. Set bowl over saucepan of barely simmering water and stir until chocolate is melted and mixture is smooth.
- Remove bowl from over water. Stir egg yolks and salt into chocolate mixture. Using electric mixer, beat egg whites in another large bowl until soft peaks form. Gradually add 2 tablespoons sugar, beating until semi-firm peaks form. Using rubber spatula, fold 1/4 of beaten egg whites into chocolate mixture to lighten. Fold remaining egg whites into chocolate mixture in 2 additions. Divide chocolate mixture among prepared souffl dishes, filling dishes completeley.3.Position rack in center of oven and preheat to 204C.
- Bake souffls on baking sheet until puffed and tops feel firm, about 16 minutes if at room temperature and about 18 minutes if chilled.

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:12.03, Inflammation Score:-4, Nutrition Score:6.2504347826087%

Taste

Sweetness: 100%, Saltiness: 37.43%, Sourness: 10.95%, Bitterness: 14.28%, Savoriness: 16.01%, Fattiness: 98.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 354.73kcal (17.74%), Fat: 26.45g (40.7%), Saturated Fat: 15.78g (98.64%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 27.5g (10%), Sugar: 25.94g (28.82%), Cholesterol: 79.52mg (26.51%), Sodium: 62.83mg (2.73%), Caffeine: 28.05mg (9.35%), Protein: 5.88g (11.75%), Vitamin B2: 0.29mg (17.03%), Selenium: 9.43µg

(13.47%), Magnesium: 53.04mg (13.26%), Copper: 0.26mg (12.82%), Manganese: 0.22mg (10.77%), Phosphorus: 100.02mg (10%), Vitamin A: 498.61IU (9.97%), Fiber: 2.34g (9.35%), Iron: 1.34mg (7.45%), Potassium: 196.55mg (5.62%), Zinc: 0.81mg (5.43%), Vitamin D: 0.71µg (4.7%), Calcium: 37.08mg (3.71%), Vitamin K: 3.66µg (3.49%), Vitamin E: 0.49mg (3.29%), Vitamin B5: 0.28mg (2.8%), Vitamin B12: 0.15µg (2.55%), Folate: 9.66µg (2.41%), Vitamin B6: 0.04mg (2.24%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.53%)