



## Souffleeta

READY IN



40 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup breadcrumbs dry fine
- 0.5 teaspoon mustard dry
- 6 extra large eggs separated
- 0.1 teaspoon ground pepper red
- 12 ounce shells & cheese dinner
- 0.3 cup butter
- 1 tablespoon butter
- 1.5 cups milk divided
- 1 teaspoon paprika

- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 2 quarts water

## Equipment

- food processor
- frying pan
- baking sheet
- sauce pan
- oven
- hand mixer

## Directions

- Grease a 2-quart souffl dish with 1 tablespoon margarine; coat bottom and sides with breadcrumbs. Set aside.
- Bring 2 quarts water to a boil in a 3-quart saucepan; stir in shell macaroni from package, and set cheese sauce aside for later use. Cook 15 minutes; drain. (Do not rinse.) Return to pan. Stir in 1/4 cup margarine, Parmesan cheese, and 1/2 cup milk, stirring until cheese melts.
- Let cool slightly.
- Process macaroni mixture in a food processor, adding remaining 1 cup milk in a slow, steady stream, processing until almost smooth.
- Add cheese sauce, egg yolks, and next 4 ingredients; process 30 seconds, stopping to scrape down sides.
- Beat egg whites at high speed with an electric mixer until stiff peaks form. Gradually stir about one-fourth of cheese mixture at a time into egg whites. Spoon into prepared dish; place dish on a baking sheet.
- Bake at 350 for 1 hour.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 17.13% ■ FAT 51.23% ■ CARBS 31.64%

## Properties

Glycemic Index:24.83, Glycemic Load:18.03, Inflammation Score:-6, Nutrition Score:12.360434758922%

## Nutrients (% of daily need)

Calories: 428.07kcal (21.4%), Fat: 24.34g (37.44%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 33.47g (12.17%), Sugar: 3.47g (3.86%), Cholesterol: 219.26mg (73.09%), Sodium: 963.89mg (41.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Phosphorus: 433.29mg (43.33%), Selenium: 21.32µg (30.45%), Calcium: 248.06mg (24.81%), Vitamin B2: 0.38mg (22.46%), Vitamin A: 1040.62IU (20.81%), Manganese: 0.34mg (17.01%), Vitamin B12: 0.91µg (15.19%), Iron: 2.48mg (13.78%), Zinc: 2.01mg (13.42%), Vitamin D: 1.81µg (12.08%), Vitamin B5: 1.14mg (11.44%), Magnesium: 41.5mg (10.37%), Potassium: 311.63mg (8.9%), Folate: 31.98µg (8%), Vitamin B6: 0.15mg (7.56%), Vitamin E: 1.13mg (7.51%), Vitamin B1: 0.1mg (7%), Copper: 0.11mg (5.42%), Vitamin B3: 0.46mg (2.28%), Fiber: 0.35g (1.4%)