



## Southwestern Soufflé Roll

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

BREAD

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter
- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 4 ounces ham diced
- ☐ 12 large eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2 bell peppers green chopped

- ☐ 2 jalapeño peppers minced
- ☐ 1 cup milk
- ☐ 4 ounces monterrey jack cheese shredded with peppers
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups potatoes diced peeled
- ☐ 8 servings salsa
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ serrated knife

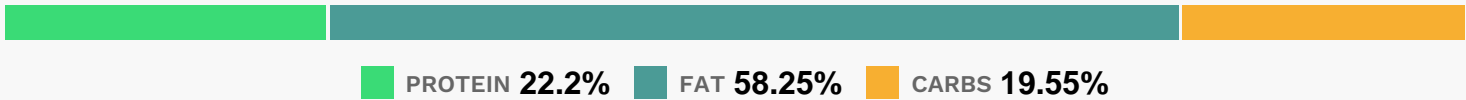
## Directions

- ☐ Melt 2 tablespoons butter in a skillet; add potato and next 4 ingredients. Saut 20 minutes or until tender. Stir in ham and next 3 ingredients; set aside.
- ☐ Whisk together 1/4 cup butter, flour, and 1/4 teaspoon salt in a heavy saucepan over low heat until smooth; cook, whisking constantly, 3 minutes or until bubbly. Gradually add milk; cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Remove from heat.
- ☐ Beat egg yolks until thick and pale. Gradually stir about one-fourth of milk mixture into yolks; add to remaining milk mixture, stirring constantly. Cook over medium-low heat, stirring

constantly, 2 minutes or until slightly thickened.

- ☐ Pour batter into a large bowl, and let cool.
- ☐ Line a 15- x 10-inch jellyroll pan with parchment paper; lightly grease paper with vegetable cooking spray.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form; fold into batter, and spread evenly in prepared pan.
- ☐ Bake at 400 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes.
- ☐ Turn souffl out onto a cloth towel, and remove paper. Return paper to pan. Top souffl evenly with vegetable mixture, and sprinkle with cheese. Beginning at a long side, roll up, jellyroll fashion; place roll, seam side down, in pan.
- ☐ Bake at 350 for 10 minutes or until thoroughly heated and cheese melts. Slice with a serrated knife, and serve with Salsa.
- ☐ Garnish, if desired.
- ☐ Combine 1/2 cup grated Parmesan cheese, 1/2 cup (2 ounces) shredded Monterey Jack cheese, and 1/2 cup (2 ounces) shredded mozzarella cheese, and sprinkle over souffl; top with 4 (1-ounce) slices provolone cheese.
- ☐ Roll and proceed as directed.
- ☐ Sprinkle souffl with 1 (10-ounce) package frozen chopped spinach, thawed and drained well; 1 (4-ounce) package crumbled feta cheese; and 1/2 cup coarsely chopped pitted kalamata olives. Toll and proceed as directed.
- ☐ Shrimp and Dill: Peel 1 pound medium-size fresh shrimp, and devein, if desired. Saut in 1 tablespoon melted butter until pink; drain and coarsely chop. Stir together shrimp; 1 (8-ounce) package cream cheese, softened; 1/2 teaspoon salt; and 1/2 teaspoon freshly ground pepper until blended.
- ☐ Spread over souffl. Top with 4 (1-ounce) slices provolone cheese; roll and proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:52.34, Glycemic Load:7.2, Inflammation Score:-7, Nutrition Score:16.749999958536%

Flavonoids

Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 331.31kcal (16.57%), Fat: 21.64g (33.3%), Saturated Fat: 7.44g (46.5%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 13.94g (5.07%), Sugar: 5.07g (5.63%), Cholesterol: 302.87mg (100.96%), Sodium: 920.47mg (40.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Vitamin C: 38.24mg (46.35%), Selenium: 27.01µg (38.59%), Phosphorus: 293.16mg (29.32%), Vitamin B2: 0.49mg (29.07%), Vitamin A: 1319.52IU (26.39%), Vitamin B6: 0.45mg (22.49%), Calcium: 212.82mg (21.28%), Vitamin B12: 0.96µg (16.01%), Vitamin B5: 1.57mg (15.65%), Potassium: 508.95mg (14.54%), Folate: 56.19µg (14.05%), Vitamin D: 1.92µg (12.8%), Iron: 2.23mg (12.37%), Vitamin E: 1.83mg (12.21%), Zinc: 1.8mg (12%), Manganese: 0.23mg (11.43%), Fiber: 2.41g (9.63%), Magnesium: 36.72mg (9.18%), Vitamin B1: 0.14mg (9.08%), Vitamin K: 9.21µg (8.77%), Copper: 0.16mg (7.97%), Vitamin B3: 1.22mg (6.07%)