



## Spiced-Pumpkin Soufflés with Bourbon and Molasses Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 cup pumpkin puree canned (from a 15-oz can, not pie filling)
- ☐ 8 servings garnish: confectioners sugar
- ☐ 1 tablespoon cornstarch
- ☐ 10 large egg whites
- ☐ 0.8 cup granulated sugar divided for coating ramekins
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup milk whole

## Equipment

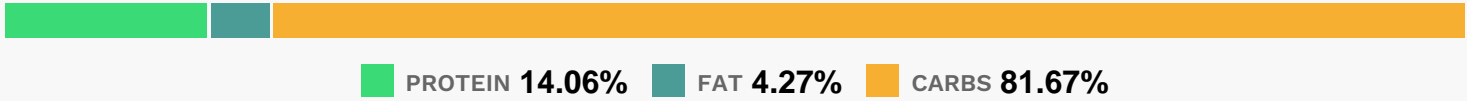
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Whisk together milk, cornstarch, spices, and 1 tablespoon granulated sugar in a small heavy saucepan. Bring to a boil over medium heat, whisking, then simmer, whisking, 2 minutes.
- ☐ Remove from heat and whisk in pumpkin.
- ☐ Transfer to a large bowl and cool to room temperature.
- ☐ Preheat oven to 400°F with rack in lower third. Butter ramekins and coat with granulated sugar, knocking out excess, then put in a large shallow baking pan.
- ☐ Beat egg whites with salt in another large bowl using an electric mixer until they hold soft peaks.
- ☐ Add remaining 3/4 cup granulated sugar a little at a time, beating, then beat until whites hold stiff, glossy peaks, 1 to 2 minutes more.
- ☐ Fold one third of whites into cooled pumpkin mixture to lighten, then fold in remaining whites gently but thoroughly. Divide mixture among ramekins, mounding it.
- ☐ Bake soufflés until puffed and golden, 18 to 20 minutes. Dust with confectioners sugar and serve immediately.

- ☐
- Pumpkin mixture (without egg whites) can be made 1 day ahead and chilled. •Soufflés can be assembled 1 hour before baking and kept in freezer. •
- ☐
- Baked soufflés can be repuffed if necessary in a 400°F oven 10 to 12 minutes (serve quickly, as they will deflate a little faster the second time around).

## Nutrition Facts



## Properties

Glycemic Index:24.76, Glycemic Load:13.38, Inflammation Score:-9, Nutrition Score:5.9673913173054%

## Nutrients (% of daily need)

Calories: 146.13kcal (7.31%), Fat: 0.71g (1.09%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.82g (10.84%), Sugar: 28.34g (31.49%), Cholesterol: 1.83mg (0.61%), Sodium: 148.6mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin A: 3599.77IU (72%), Vitamin B2: 0.22mg (12.93%), Selenium: 8.82µg (12.61%), Potassium: 138.95mg (3.97%), Vitamin K: 3.76µg (3.58%), Manganese: 0.06mg (3.12%), Phosphorus: 29.98mg (3%), Magnesium: 11.91mg (2.98%), Fiber: 0.73g (2.93%), Calcium: 28.98mg (2.9%), Vitamin B5: 0.23mg (2.27%), Iron: 0.38mg (2.13%), Vitamin B12: 0.12µg (1.99%), Copper: 0.04mg (1.89%), Vitamin E: 0.25mg (1.69%), Vitamin B6: 0.02mg (1.23%), Vitamin C: 0.98mg (1.19%), Vitamin D: 0.17µg (1.12%), Folate: 4.47µg (1.12%), Vitamin B1: 0.02mg (1.07%)