



Spiced Soufflés With Lemon Whipped Cream

READY IN



25 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 8 servings butter softened
- 5 large eggs separated
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 2 teaspoons ground ginger
- 1.3 cups milk
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt

- 0.7 cup sugar
- 8 servings sugar
- 1 teaspoon vanilla extract
- 8 servings lemon whipped cream

Equipment

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

Directions

- Grease bottom and sides of 8 (6-ounce) ramekins or custard cups evenly with butter. Lightly coat bottom and sides evenly with sugar, shaking out excess.
- Place ramekins in a 13- x 9-inch pan or baking dish. Set aside.
- Melt 1/4 cup butter in a small saucepan over medium heat; whisk in flour. Cook, whisking constantly, 1 minute. Gradually whisk in milk, whisking constantly until thickened.
- Remove from heat.
- Whisk in 2/3 cup sugar and next 5 ingredients.
- Beat egg yolks at high speed with an electric mixer 4 to 5 minutes or until thick and pale. Gradually whisk about one-fourth of hot mixture into yolks; add to remaining hot mixture, whisking constantly. Cook over medium heat 1 minute.
- Remove from heat; let stand 20 minutes.
- Beat egg whites at high speed with an electric mixer until soft peaks form. Gently fold egg whites into milk mixture. Spoon evenly into each ramekin, filling to top.
- Bake at 400 for 18 to 20 minutes or until puffed and set.
- Serve immediately with Lemon Whipped Cream.

Nutrition Facts

■ PROTEIN 6.03% ■ FAT 51.01% ■ CARBS 42.96%

Properties

Glycemic Index:44.65, Glycemic Load:26.72, Inflammation Score:-6, Nutrition Score:7.9804348832239%

Nutrients (% of daily need)

Calories: 393.51kcal (19.68%), Fat: 22.67g (34.88%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 42.66g (15.51%), Sugar: 39g (43.34%), Cholesterol: 125.39mg (41.79%), Sodium: 335.39mg (14.58%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.03g (12.06%), Manganese: 0.41mg (20.54%), Vitamin A: 1027.02IU (20.54%), Selenium: 14.06µg (20.09%), Vitamin B2: 0.23mg (13.74%), Phosphorus: 119.09mg (11.91%), Calcium: 102.42mg (10.24%), Magnesium: 37.24mg (9.31%), Vitamin B12: 0.52µg (8.71%), Potassium: 284.93mg (8.14%), Vitamin B6: 0.16mg (7.83%), Vitamin B5: 0.76mg (7.63%), Iron: 1.36mg (7.58%), Vitamin D: 1.07µg (7.12%), Vitamin E: 1.05mg (6.98%), Folate: 22.31µg (5.58%), Vitamin B1: 0.07mg (4.9%), Zinc: 0.67mg (4.44%), Copper: 0.09mg (4.3%), Vitamin B3: 0.45mg (2.27%), Fiber: 0.31g (1.23%)