



Spinach and Green Garlic Soufflé

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 6 egg whites
- ☐ 4 egg yolk
- ☐ 4 tablespoons flour all-purpose
- ☐ 0.8 cup garlic green minced
- ☐ 4 ounces goat cheese
- ☐ 1.3 cups milk
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper freshly ground

- ☐ 1 bunch pkt spinach
- ☐ 1 thyme leaves
- ☐ 4 tablespoons butter unsalted for the dish

Equipment

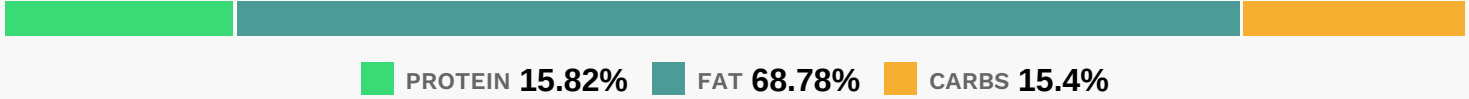
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ colander

Directions

- ☐ Preheat the oven to 375°F. Butter a 6-cup soufflé dish or gratin dish and dust it with a few tablespoons of the Parmesan cheese.
- ☐ Put the garlic, cream, and thyme in a small saucepan over low heat. Bring slowly to a boil, then turn off the heat, cover, and let steep for 15 minutes.
- ☐ Wash the spinach well, then wilt it in a skillet with the water clinging to the leaves. Tip it into a colander, press out the moisture, then finely chop.
- ☐ Melt the 4 tablespoons butter in a saucepan, stir in the flour, and cook for 1 minute while stirring.
- ☐ Whisk in the milk and stir until it thickens.
- ☐ Add 1 teaspoon salt, then stir in the goat cheese and remaining Parmesan. Turn off the heat and stir in the egg yolks, spinach, and the garlic-cream mixture. Season with pepper.
- ☐ Whisk the egg whites with a pinch of salt until they form firm peaks that are just a bit on the soft side. Fold the whites and base together. Scrape the batter into the prepared dish and bake until golden brown and set, about 25 minutes for a gratin dish, 30 minutes if using a soufflé dish.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Local Flavors by Deborah Madison Copyright (c) 2002 by Deborah Madison Published by Broadway Books. Deborah Madison's Vegetarian Cooking for Everyone and The Savory Way,

each earned the IACP's Julia Child Cookbook of the Year award. Vegetarian Cooking for Everyone also received a James Beard Award, as did Local Flavors, her most recent book. She is also the author of the James Beard Award nominee This Can't Be Tofu! and The Greens Cookbook, which is now a classic. She lives in Galisteo, New Mexico.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:35.459130432295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 645.41kcal (32.27%), Fat: 50.3g (77.38%), Saturated Fat: 30.27g (189.17%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 22.69g (8.25%), Sugar: 6.97g (7.75%), Cholesterol: 325.41mg (108.47%), Sodium: 720.38mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.07%), Vitamin K: 414.98µg (395.22%), Vitamin A: 10001.43IU (200.03%), Manganese: 1.3mg (65.15%), Folate: 214.53µg (53.63%), Vitamin B2: 0.9mg (52.9%), Selenium: 34.73µg (49.62%), Calcium: 451.79mg (45.18%), Phosphorus: 437.82mg (43.78%), Vitamin C: 32.6mg (39.51%), Vitamin B6: 0.7mg (35.16%), Magnesium: 104.55mg (26.14%), Potassium: 891.37mg (25.47%), Iron: 4.31mg (23.97%), Copper: 0.45mg (22.27%), Vitamin E: 3.24mg (21.62%), Vitamin D: 3.2µg (21.36%), Vitamin B12: 1.17µg (19.54%), Vitamin B1: 0.29mg (19.41%), Zinc: 2.52mg (16.82%), Vitamin B5: 1.57mg (15.69%), Fiber: 2.64g (10.57%), Vitamin B3: 1.55mg (7.77%)