



Spinach-Parmesan Soufflés

READY IN



75 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons flour
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.3 cups buttermilk
- ☐ 2 teaspoons kosher salt
- ☐ 8 large egg whites
- ☐ 6 large egg yolk
- ☐ 1.5 cups parmesan cheese grated
- ☐ 9 ounce spinach frozen dry thawed chopped
- ☐ 0.3 cup butter unsalted ()

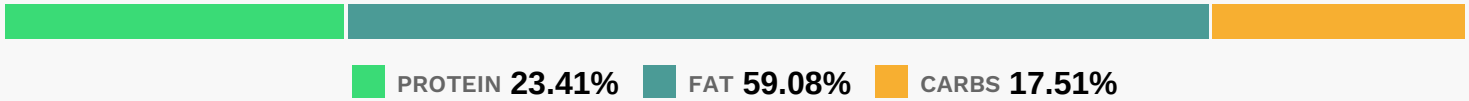
Equipment

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

Directions

- ☐ Preheat oven to 375°F. Butter eight 1-cup soufflé dishes or custard cups; place on large rimmed baking sheet. Melt 1/4 cup butter in large saucepan over medium heat.
- ☐ Add flour; whisk 1 minute.
- ☐ Add buttermilk; whisk 1 minute. Stir in spinach and next 4 ingredients. Set aside.
- ☐ Using electric mixer, beat egg whites in large bowl until firm peaks form. Fold egg whites into spinach mixture in 3 additions. Divide equally among prepared dishes.
- ☐ Bake soufflés until puffed and brown on top, about 30 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:19.035652108814%

Nutrients (% of daily need)

Calories: 241.46kcal (12.07%), Fat: 15.92g (24.5%), Saturated Fat: 8.5g (53.15%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.49g (3.45%), Sugar: 2.38g (2.64%), Cholesterol: 173.39mg (57.8%), Sodium: 1034.3mg (44.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.39%), Vitamin K: 119.98µg (114.27%), Vitamin A: 4326.01IU (86.52%), Selenium: 25.59µg (36.56%), Calcium: 272.51mg (27.25%), Vitamin B2: 0.44mg (26.08%), Phosphorus: 229.13mg (22.91%), Folate: 79.72µg (19.93%), Manganese: 0.32mg (15.83%), Vitamin B12: 0.72µg (11.93%), Vitamin E: 1.55mg (10.3%), Magnesium: 40.21mg (10.05%), Zinc: 1.49mg (9.9%), Vitamin D: 1.38µg (9.17%),

Vitamin B1: 0.12mg (8.08%), Potassium: 273.5mg (7.81%), Iron: 1.36mg (7.55%), Vitamin B5: 0.71mg (7.12%), Vitamin B6: 0.13mg (6.65%), Copper: 0.09mg (4.62%), Fiber: 1.12g (4.5%), Vitamin B3: 0.58mg (2.93%), Vitamin C: 1.75mg (2.13%)