

Strawberry Souffle



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 egg whites room temperature ()
- ☐ 1 cup strawberries pureed
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

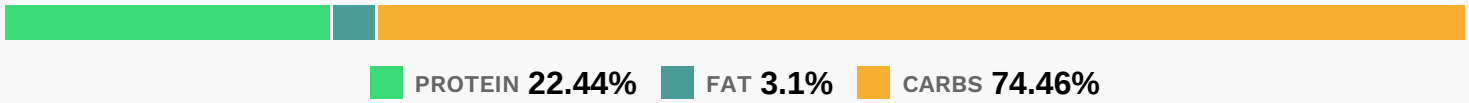
Equipment

- ☐ oven
- ☐ ramekin

Directions

- ☐ Mix the strawberry puree, sugar and vanilla extract.
- ☐ Beat the egg whites until you get soft peaks.
- ☐ Gently fold the strawberry puree into the egg whites.
- ☐ Pour the mixture into 4 greased ramekins.
- ☐ Bake in a preheated 350F oven until puffed and golden brown on top, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:2.8291304552037%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 47.04kcal (2.35%), Fat: 0.17g (0.25%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.22g (2.99%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 37.79mg (1.64%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 2.69g (5.39%), Vitamin C: 21.17mg (25.66%), Manganese: 0.14mg (7.11%), Selenium: 4.68µg (6.69%), Vitamin B2: 0.11mg (6.36%), Fiber: 0.72g (2.88%), Potassium: 92.25mg (2.64%), Folate: 9.54µg (2.38%), Magnesium: 7.18mg (1.8%), Phosphorus: 12.03mg (1.2%), Copper: 0.02mg (1.15%)