



WHATSheATE



Tangerine Soufflé

 Gluten Free

READY IN



550 min.

SERVINGS



12

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup sugar
- ☐ 1 cup water
- ☐ 0.8 cup tangerine juice
- ☐ 0.3 teaspoon salt
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 4 egg yolk
- ☐ 1 tablespoon 1 tangerine grated
- ☐ 4 powdered egg whites

- ☐ 0.5 cup sugar
- ☐ 1 cup whipping cream
- ☐ 6 pears peeled cut into 1-inch pieces
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon 1 tangerine grated

Equipment

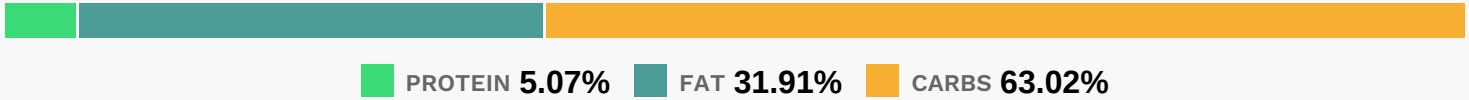
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ In 2-quart saucepan, mix 3/4 cup sugar, the water, tangerine juice, salt and gelatin. In small bowl, beat egg yolks slightly; stir into gelatin mixture.
- ☐ Heat just to boiling over medium heat, stirring constantly; boil and stir 1 minute.
- ☐ Remove from heat. Stir in 1 tablespoon tangerine peel. Refrigerate 20 to 30 minutes, stirring occasionally, just until mixture mounds slightly when dropped from a spoon. (If mixture becomes too thick, place pan in bowl of hot water; stir constantly until mixture is proper consistency.)
- ☐ Make 4-inch band of triple-thickness foil 2 inches longer than the circumference of 6-cup soufflé dish. Extend dish by securing band around outside edge.
- ☐ In large bowl, beat egg white powder and water with electric mixer on high speed until foamy. Beat in 1/2 cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Fold gelatin mixture into egg whites.

- ☐
- In chilled large bowl, beat whipping cream with electric mixer on high speed until stiff. Fold whipped cream into egg white mixture. Carefully turn into soufflé dish. Refrigerate about 8 hours or until set.
- ☐
- In food processor or blender, place prickly pears. Cover and process until smooth. Press through sieve to remove seeds. In 1-quart saucepan, mix pears, honey and cornstarch. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in 1 teaspoon tangerine peel; cool.
- ☐
- Just before serving, carefully remove foil band from soufflé.
- ☐
- Serve soufflé with sauce. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:20.08, Inflammation Score:-3, Nutrition Score:4.4173913598061%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 241.66kcal (12.08%), Fat: 8.98g (13.81%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 37.07g (13.48%), Sugar: 34.68g (38.53%), Cholesterol: 87.21mg (29.07%), Sodium: 65.66mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Fiber: 2.83g (11.31%), Vitamin C: 8.94mg (10.84%), Vitamin A: 450.57IU (9.01%), Selenium: 5.1µg (7.28%), Vitamin B2: 0.11mg (6.6%), Copper: 0.12mg (5.8%), Phosphorus: 49.06mg (4.91%), Potassium: 165.02mg (4.71%), Vitamin K: 4.59µg (4.37%), Folate: 17.3µg (4.32%), Vitamin D: 0.64µg (4.28%), Calcium: 34.12mg (3.41%), Vitamin B6: 0.06mg (3.13%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.3mg (3.03%), Manganese: 0.06mg (2.88%), Magnesium: 10.17mg (2.54%), Vitamin B12: 0.15µg (2.49%), Vitamin B1: 0.04mg (2.35%), Iron: 0.42mg (2.32%), Zinc: 0.29mg (1.96%)