

The Loftiest Soufflé

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large egg yolk separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup gruyere cheese divided grated
- ☐ 4 servings pepper freshly ground
- ☐ 1 pinch nutmeg freshly grated
- ☐ 4 tablespoons parmesan divided finely grated
- ☐ 3 tablespoons butter unsalted plus more, room temperature, for ramekins
- ☐ 1 cup milk whole cold
- ☐ 0.3 teaspoon xanthan gum

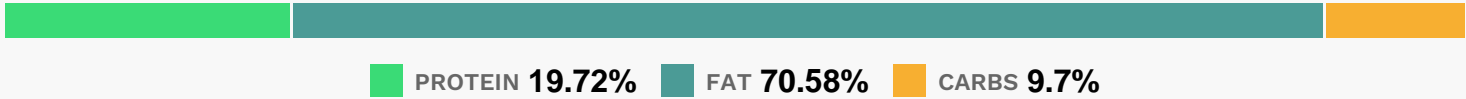
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Brush ramekins with butter and place on a foil-lined baking sheet; sprinkle ramekins with 2 tablespoons Parmesan (total). Chill for 20 minutes or, covered, up to 1 day.
- ☐ Melt 3 tablespoons butter in a small saucepan over medium heat.
- ☐ Add flour; whisk constantly for 30 seconds. Gradually whisk in milk; increase heat and bring to a boil, whisking constantly.
- ☐ Add remaining 2 tablespoons Parmesan and 1/2 cup Gruyère; stir until melted.
- ☐ Add nutmeg and season with salt and pepper.
- ☐ Transfer béchamel to a medium bowl and cover with plastic wrap; set aside.
- ☐ Place egg whites in a large bowl. Stir in a pinch of salt and xanthan gum, if using. Using an electric mixer, beat egg whites until firm but not stiff, 3–4 minutes.
- ☐ Stir egg yolks into béchamel. Gently stir in 1/4 of beaten egg whites to loosen béchamel base, then gently fold in remaining egg whites just to combine, taking care not to deflate.
- ☐ Divide mixture among ramekins; sprinkle with 1/2 cup Gruyère. Run your finger around inside lip of ramekins, cleaning edges.
- ☐ Bake until soufflé rises, centers are set, and cheese is golden brown, 18–22 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:4.29, Inflammation Score:-5, Nutrition Score:11.586956542876%

Nutrients (% of daily need)

Calories: 345.18kcal (17.26%), Fat: 27.07g (41.65%), Saturated Fat: 15.28g (95.53%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8g (2.91%), Sugar: 3.28g (3.65%), Cholesterol: 253.2mg (84.4%), Sodium: 353.8mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Calcium: 493.73mg (49.37%), Phosphorus: 372.04mg (37.2%), Selenium: 18.61µg (26.59%), Vitamin B12: 1.27µg (21.11%), Vitamin A: 959.05IU (19.18%), Vitamin B2: 0.31mg (18.49%), Zinc: 2.12mg (14.14%), Vitamin D: 1.97µg (13.13%), Vitamin B5: 0.98mg (9.82%), Folate: 39.29µg (9.82%), Vitamin B1: 0.13mg (8.77%), Vitamin B6: 0.13mg (6.57%), Magnesium: 24.33mg (6.08%), Vitamin E: 0.82mg (5.47%), Iron: 0.84mg (4.68%), Potassium: 152.71mg (4.36%), Manganese: 0.08mg (3.86%), Vitamin B3: 0.46mg (2.29%), Vitamin K: 2.19µg (2.09%), Copper: 0.04mg (1.98%), Fiber: 0.37g (1.49%)