



Three-Cheese Souffle

READY IN



65 min.

SERVINGS



6

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings baguette sliced for serving
- ☐ 1 cup appenzeller cheese finely grated
- ☐ 1 tablespoon cornmeal
- ☐ 4 large eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon garlic minced
- ☐ 1.5 cups gruyère cheese finely grated
- ☐ 6 servings kosher salt
- ☐ 0.8 teaspoon juice of lemon fresh

- ☐ 1 pinch nutmeg freshly grated
- ☐ 1.3 cups parmesan cheese finely grated
- ☐ 6 tablespoons butter unsalted plus more for greasing
- ☐ 2 cups milk whole

Equipment

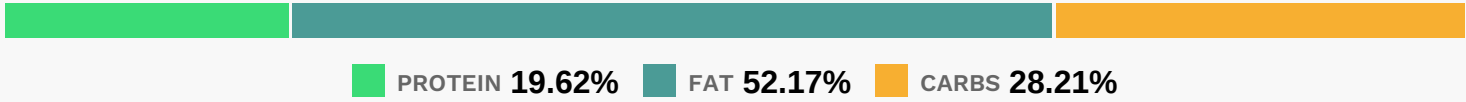
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Position a rack in the middle of the oven and preheat to 37
- ☐ Butter the bottom and sides of a 2-quart souffle dish up to the top edge.
- ☐ Sprinkle with 1/4 cup parmesan and the cornmeal.
- ☐ Place in the freezer while you prepare the souffle.
- ☐ Make the roux: Melt 6 tablespoons butter in a heavy-bottomed saucepan over medium heat and add the garlic. Stir in the flour, nutmeg and 2 teaspoons salt and cook, stirring, until the flour is cooked but not browned, about 2 minutes.
- ☐ Whisk in the milk and simmer, whisking constantly, until the mixture is as thick as pudding, about 5 minutes. Stir in the comte, emmentaler and 3/4 cup parmesan until melted, then remove from the heat. Stir in the 4 egg yolks one at a time.
- ☐ Transfer the mixture to a large bowl and stir to cool slightly.
- ☐ Beat the 6 egg whites and lemon juice in a large bowl with a mixer until soft peaks form. Fold a quarter of the whites into the cheese base, then fold in the remaining whites.
- ☐ Place the prepared souffle dish on a baking sheet, pour in the batter and smooth the top. Run your finger around the inside lip of the dish to push the batter away from the edge and create a ridge. Scatter the remaining 1/4 cup parmesan on top.

- ☐
- Transfer to the oven and immediately reduce the temperature to 32
- ☐
- Bake until golden and puffed about 2 inches above the lip of the dish, about 35 minutes.
- ☐
- Serve immediately with baguette slices and pate and/or apple butter, if desired.
- ☐
- Photograph by Marcus Nilsson

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:29.23, Inflammation Score:-8, Nutrition Score:22.061304276404%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 673.11kcal (33.66%), Fat: 38.9g (59.85%), Saturated Fat: 22.21g (138.82%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 45.5g (16.55%), Sugar: 7.39g (8.22%), Cholesterol: 113.12mg (37.71%), Sodium: 1382.02mg (60.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.85%), Calcium: 825.56mg (82.56%), Phosphorus: 583.58mg (58.36%), Selenium: 38.19µg (54.55%), Vitamin B2: 0.72mg (42.33%), Vitamin B1: 0.54mg (35.92%), Zinc: 3.87mg (25.81%), Vitamin B12: 1.49µg (24.86%), Folate: 98.18µg (24.54%), Vitamin A: 1163.62IU (23.27%), Manganese: 0.42mg (21.09%), Vitamin B3: 3.74mg (18.71%), Iron: 2.96mg (16.42%), Magnesium: 57.87mg (14.47%), Vitamin D: 1.52µg (10.13%), Vitamin B5: 0.99mg (9.92%), Potassium: 339.43mg (9.7%), Vitamin B6: 0.19mg (9.7%), Fiber: 1.83g (7.31%), Copper: 0.13mg (6.64%), Vitamin E: 0.9mg (6.03%), Vitamin K: 4.88µg (4.65%)