



Tomato Vermicelli Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes whole undrained canned
- ☐ 3 eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 8 ounce vermicelli
- ☐ 0.5 cup romano cheese grated
- ☐ 6 servings salt and pepper to taste

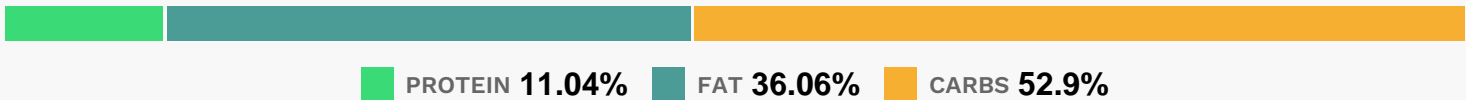
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Drain and chop tomatoes, reserving 1/2 cup liquid; set aside.
- ☐ Heat olive oil in a large skillet; add flour, stirring until smooth. Gradually add reserved tomato liquid; cook over medium heat 2 minutes, stirring constantly.
- ☐ Add reserved tomatoes; continue cooking, stirring constantly, until mixture is thickened and bubbly. Stir in cheese, and salt and pepper; mix well.
- ☐ Cook vermicelli according to package directions; drain.
- ☐ Combine tomato mixture and vermicelli, mixing well. Beat egg yolks in a medium mixing bowl until thick and lemon colored. Gradually stir one-fourth vermicelli mixture into yolks; add to remaining mixture, stirring well.
- ☐ Beat egg whites (at room temperature) until stiff but not dry. Fold into vermicelli mixture; spoon into a lightly greased 1 1/2- quart casserole.
- ☐ Bake at 350 for 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:20.76, Inflammation Score:-3, Nutrition Score:8.8295652555383%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 294.2kcal (14.71%), Fat: 11.77g (18.1%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 36.85g (13.4%), Sugar: 3.16g (3.51%), Cholesterol: 90.51mg (30.17%), Sodium: 484.45mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Selenium: 14.93µg (21.33%), Phosphorus: 189.35mg

(18.93%), Manganese: 0.34mg (16.95%), Vitamin E: 2.12mg (14.11%), Calcium: 131.65mg (13.16%), Vitamin B2: 0.19mg (10.93%), Iron: 1.76mg (9.78%), Copper: 0.18mg (8.85%), Fiber: 1.97g (7.9%), Vitamin K: 8.1µg (7.72%), Vitamin B6: 0.15mg (7.7%), Vitamin C: 6.3mg (7.64%), Potassium: 252.39mg (7.21%), Zinc: 0.98mg (6.54%), Folate: 25.54µg (6.38%), Vitamin B1: 0.09mg (6.31%), Magnesium: 24.85mg (6.21%), Vitamin A: 300.68IU (6.01%), Vitamin B5: 0.59mg (5.93%), Vitamin B3: 1.09mg (5.46%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.48µg (3.21%)