



Warm Chocolate Soufflé Cakes with Raspberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 3 large egg yolk
- ☐ 0.8 cup skim milk fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 0.7 cup granulated sugar

- ☐ 1.3 cups granulated sugar divided
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 cup half and half
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon powdered sugar
- ☐ 12 ounce raspberries unsweetened frozen thawed
- ☐ 2 ounces baker's chocolate unsweetened chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

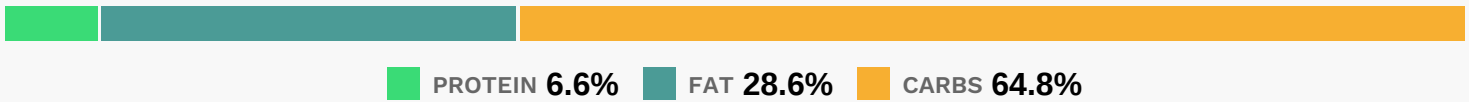
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare sauce, combine first 3 ingredients in a food processor; process until smooth. Strain through a sieve into a bowl; discard solids. Cover and chill.
- ☐ To prepare cakes, coat 12 (6-ounce) ramekins with cooking spray; sprinkle evenly with 2 tablespoons granulated sugar. Set aside.

- ☐ Combine milk and half-and-half in a small saucepan. Bring to a simmer over medium-high heat (do not boil).
- ☐ Remove from heat; add chocolate, stirring until chocolate melts.
- ☐ Add cocoa and vanilla, stirring with a whisk.
- ☐ Pour into a large bowl; cool completely.
- ☐ Preheat oven to 32
- ☐ Place 1 cup granulated sugar and butter in a medium bowl; beat with a mixer at high speed until light and fluffy. Beat in egg yolks.
- ☐ Add cooled chocolate mixture; beat until blended. Lightly spoon flour into a dry measuring cup; level with a knife. Stir into chocolate mixture.
- ☐ Place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add remaining 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon into prepared ramekins.
- ☐ Place ramekins in 2 (13 x 9-inch) baking pans; add hot water to pans to a depth of 1 inch.
- ☐ Bake at 325 for 33 minutes or until puffy and set. Loosen cakes from sides of ramekins using a narrow metal spatula. Invert the cakes onto 12 dessert plates.
- ☐ Sprinkle evenly with powdered sugar; serve with raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:37.21, Glycemic Load:25.92, Inflammation Score:-4, Nutrition Score:6.9417391445326%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 254.38kcal (12.72%), Fat: 8.62g (13.26%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 40.57g (14.75%), Sugar: 37.44g (41.6%), Cholesterol: 58.29mg (19.43%), Sodium: 66.93mg (2.91%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 7.9mg (2.63%), Protein: 4.48g (8.96%), Manganese: 0.48mg (23.95%), Fiber: 3.36g (13.46%), Copper: 0.26mg (13.09%), Vitamin C: 10.06mg (12.19%), Selenium: 7.35µg (10.51%), Vitamin B2: 0.15mg (9.07%), Magnesium: 35.92mg (8.98%), Iron: 1.54mg (8.54%), Phosphorus: 84.67mg (8.47%), Zinc: 0.91mg (6.09%), Potassium: 194.02mg (5.54%), Folate: 21.08µg (5.27%), Vitamin A: 248.24IU (4.96%), Calcium: 48.65mg (4.87%), Vitamin B1: 0.06mg (3.93%), Vitamin B5: 0.35mg (3.54%), Vitamin B12: 0.2µg (3.36%), Vitamin E: 0.5mg (3.35%), Vitamin K: 3.15µg (3%), Vitamin D: 0.4µg (2.65%), Vitamin B6: 0.05mg (2.46%), Vitamin B3: 0.48mg (2.38%)