



Winter Squash Soufflé

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 3 tablespoons butter unsalted for greasing
- ☐ 0.3 teaspoon ground pepper
- ☐ 4 large egg whites
- ☐ 3 large egg yolk
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 teaspoon nutmeg freshly grated
- ☐ 0.8 teaspoon salt to taste

- ☐ 0.3 pound swiss cheese grated
- ☐ 1.5 cups milk whole
- ☐ 12 ounce winter squash frozen thawed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Generously butter a 2-quart shallow ceramic or glass baking dish.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Melt butter (3 tablespoons) in a 2-quart heavy saucepan over moderate heat until foam subsides, then add flour and cook roux, whisking, 2 minutes.
- ☐ Add milk in a slow stream and boil, whisking, then reduce heat and simmer, whisking occasionally, until thickened, about 3 minutes.
- ☐ Whisk in squash, cheese, brown sugar, salt, cayenne, and nutmeg until combined (mixture may not be completely smooth), then transfer to a large bowl and whisk in yolks.
- ☐ Beat whites with a pinch of salt in another bowl with an electric mixer until they just hold stiff peaks. Fold one fourth of whites into squash mixture to lighten, then fold in remaining whites gently but thoroughly. Spoon into baking dish and bake, uncovered, 15 minutes. Loosely cover top with foil and bake until puffed, golden brown, and just set, 25 to 30 minutes.
- ☐ Serve immediately, with freshly ground pepper.

Nutrition Facts



 PROTEIN **18.86%**  FAT **57.01%**  CARBS **24.13%**

Properties

Glycemic Index:48.67, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:14.726956611094%

Nutrients (% of daily need)

Calories: 248.22kcal (12.41%), Fat: 15.98g (24.58%), Saturated Fat: 9.07g (56.68%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.9g (5.06%), Sugar: 6.42g (7.13%), Cholesterol: 131.75mg (43.92%), Sodium: 437.41mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.79%), Vitamin A: 6615.23IU (132.3%), Calcium: 287.62mg (28.76%), Selenium: 17.67µg (25.24%), Phosphorus: 231.84mg (23.18%), Vitamin B2: 0.32mg (18.59%), Vitamin B12: 1.1µg (18.29%), Vitamin C: 11.98mg (14.52%), Potassium: 360.59mg (10.3%), Folate: 37.67µg (9.42%), Zinc: 1.4mg (9.36%), Magnesium: 37.42mg (9.35%), Vitamin B1: 0.14mg (9.31%), Vitamin E: 1.37mg (9.13%), Vitamin B6: 0.17mg (8.69%), Vitamin B5: 0.86mg (8.58%), Manganese: 0.16mg (8.08%), Vitamin D: 1.13µg (7.53%), Fiber: 1.31g (5.24%), Vitamin B3: 1.02mg (5.09%), Iron: 0.88mg (4.87%), Copper: 0.07mg (3.57%), Vitamin K: 1.7µg (1.62%)