

# Orange Omelet Souffle with Orange Sauce

*Chanticleer Inn - Asbland, OR*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Servings: 6**

*3 tablespoons sugar*

*12 eggs, separated*

*3 tablespoons flour*

*1 tablespoon grated orange rind*

*sliced strawberries (for garnish)*

## **ORANGE SAUCE**

*3 cups fresh orange juice*

*1/2 cup butter*

*brown sugar*

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In a bowl, combine the sugar with the egg whites.

In a bowl, combine the flour and orange rind with the egg yolks. Beat well.

Refrigerate both the egg white mixture and the egg yolk mixture.

Make the Orange Sauce: In a saucepan, combine the orange juice and the butter. Add brown sugar to taste. Heat until warm.

Preheat the oven to 375 degrees.

Right before baking, whip the egg white mixture until stiff. Gently fold the egg whites into the egg yolk mixture.

To bake, place a small amount of orange sauce in the bottom of six or eight buttered ramekins (depending on size). Gently mound spoonfuls of the souffle mixture into the ramekins.

Bake for about 10 minutes or until lightly brown and set.

Garnish with sliced strawberries and add Orange Sauce.

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Per Serving (excluding unknown items): 379 Calories; 26g Fat (60.7% calories from fat); 14g Protein; 23g Carbohydrate; trace Dietary Fiber; 465mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 4 Fat; 1/2 Other Carbohydrates.

Breakfast

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	379	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	60.7%	<b>Vitamin B12 (mcg):</b>	1.3mcg
<b>% Calories from Carbohydrates:</b>	24.5%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	14.8%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	26g	<b>Folacin (mcg):</b>	118mcg
<b>Saturated Fat (g):</b>	13g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	465mg	<b>% Daily Value:</b>	0.0%
<b>Carbohydrate (g):</b>	23g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	14g	<b>Lean Meat:</b>	1 1/2
<b>Sodium (mg):</b>	298mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	393mg	<b>Fruit:</b>	1
<b>Calcium (mg):</b>	72mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	4
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	1/2
<b>Vitamin C (mg):</b>	63mg		
<b>Vitamin A (i.u.):</b>	1318IU		
<b>Vitamin A (r.e.):</b>	308 1/2RE		

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 379                      **Calories from Fat:** 230

		<b>% Daily Values*</b>
<b>Total Fat</b>	26g	39%
Saturated Fat	13g	63%
<b>Cholesterol</b>	465mg	155%
<b>Sodium</b>	298mg	12%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	trace	2%
<b>Protein</b>	14g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		106%
<b>Calcium</b>		7%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.