

Broccoli Souffle

Gourmet Eating in South Carolina - (1985)

1/2 cup mayonnaise
1 1/2 cups milk
1 can (3 ounce) Parmesan cheese,
grated
1 package (10 ounce) chopped frozen
broccoli, thawed and drained
4 eggs, separated
1 teaspoon salt
1/4 cup flour

Copyright: Hope Center for the
Retarded, Inc. - Charleston, SC

Preheat the oven to 300 degrees.

In a saucepan, combine the mayonnaise and flour. Mix well. Gradually add the milk,. Cook, stirring constantly, over low heat until thickened. Add the salt and cheese. Continue cooking until the cheese melts. Cool slightly.

Stir in the broccoli and slightly beaten egg yolks.

In a bowl, beat the egg whites until very stiff. Fold into the broccoli mixture. Pour into a 1-1/2 quart casserole.

With the tip of a spoon, make a slight indentation around the top of the souffle to form a top hat.

Bake for one hour and 15 minutes.

Serve immediately.

Per Serving (excluding unknown items): 1446 Calories; 127g Fat (76.9% calories from fat); 44g Protein; 43g Carbohydrate; 1g Dietary Fiber; 940mg Cholesterol; 3310mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 12 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1446	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	76.9%	Vitamin B12 (mcg):	4.3mcg
% Calories from Carbohydrates:	11.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	127g	Folacin (mcg):	131mcg

Saturated Fat (g): 28g
Monounsaturated Fat (g): 37g
Polyunsaturated Fat (g): 49g
Cholesterol (mg): 940mg
Carbohydrate (g): 43g
Dietary Fiber (g): 1g
Protein (g): 44g
Sodium (mg): 3310mg
Potassium (mg): 899mg
Calcium (mg): 648mg
Iron (mg): 6mg
Zinc (mg): 4mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1780IU
Vitamin A (r.e.): 491RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 3 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1446 **Calories from Fat:** 1111

% Daily Values*

Total Fat 127g	196%
Saturated Fat 28g	139%
Cholesterol 940mg	313%
Sodium 3310mg	138%
Total Carbohydrates 43g	14%
Dietary Fiber 1g	4%
Protein 44g	
<hr/>	
Vitamin A	36%
Vitamin C	6%
Calcium	65%
Iron	33%

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