

Creole Coffee Souffle'

Mrs. Norman Saurage III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

Yield: 1 1/2 quarts

2 envelopes unflavored gelatin

1/2 cup sugar

3 cups freshly brewed hot coffee (any
roast, pure coffee)

2 egg whites

1/4 cup sugar

2 cups heavy cream (whipped) or 4
cups whipped topping

1 square unsweetened chocolate

In a bowl, stir the gelatin and 1/2 cup sugar
together well. Pour the coffee over the top and
stir to dissolve. Chill until slightly thickened.

Beat the egg whites until foamy. Continue
beating and add 1/4 cup of sugar gradually until
stiff peaks form.

Reserve 1/2 cup of whipped cream for
decoration. Fold the egg whites and remaining
whipped cream into the thickened gelatin
mixture. Pour the mixture into a souffle' dish.
Chill until firm, at least three hours.

To decorate when serving, spoon the reserved
whipped cream on top and shave some
chocolate over the top, if desired.

Per Serving (excluding unknown
items): 176 Calories; 2g Fat (9.5%
calories from fat); 3g Protein; 39g
Carbohydrate; 1g Dietary Fiber;
0mg Cholesterol; 68mg Sodium.
Exchanges: 0 Grain(Starch); 0
Lean Meat; 1/2 Fat; 2 1/2 Other
Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	176	Vitamin B6 (mg):	trace
% Calories from Fat:	9.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	84.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	1mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	7mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	39g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	68mg
Potassium (mg):	43mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3IU
Vitamin A (r.e.):	1/2RE

Alcohol (kcal):
 % Deficit: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 176 Calories from Fat: 17

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrates 39g	13%
Dietary Fiber 1g	2%
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

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