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Green Tea Soufflé

A light and fluffy dessert made with green tea, perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 300 grams

Number of Servings: 6

Serving Size: 50 g

Ingredients

20 g	Green Tea Powder
180 g	Egg whites
100 g	sugar
20 g	cornstarch
250 ml	milk
20 g	butter

Directions

Step 1

Preheating

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, heat the milk and butter until the butter melts.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a separate bowl, whisk together the green tea powder, sugar, and cornstarch.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Slowly pour the hot milk mixture into the green tea mixture, whisking constantly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

Return the mixture to the saucepan and cook over medium heat, stirring constantly, until thickened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Remove from heat and let cool slightly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixer

In a separate bowl, beat the egg whites until stiff peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Stirring

Gently fold the egg whites into the green tea mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Oven

Pour the mixture into individual ramekins and bake for 15-20 minutes, or until puffed and set.

Prep Time: 5 mins

Cook Time: 20 mins

Step 10

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Snack

Difficulty Level

Medium

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