

Keto in the Country

Spinach Soufflé

cal 314
carbs 2.5g
fat 28g
protein 10g

Ingredients

- 4 Egg Yolks (room temp)
- 5 Egg Whites (room temp)
- 3 Tbsp Butter
- 3 Tbsp Almond Flour
- 1 Cup Boiling Heavy Cream
- 1/2 tsp Himalayan Salt
- 1/2 tsp Pepper
- 3/4 Cup Monterey Jack Cheese (cheddar would be delicious as well)
- 1/4 Cup Parmesan Cheese
- 1 Cup Frozen Thawed Spinach (completely rung out)
- 1/4 tsp Nutmeg
- 1/4 tsp Cayenne
- 1/8 tsp Cream of Tartar

Directions:

Preheat oven to 400 degrees F. In a saucepan, melt the butter over medium low heat. Add the almond flour and stir until smooth. In another small saucepan, bring 1 cup of heavy whipping cream to a boil. Off the heat, add the cream to the butter/almond flour and whisk until smooth. Add the cayenne, nutmeg, salt and pepper. Whisk to combine. One at a time, whisking in between, add the egg yolks. Once combined, add the Monterey Jack cheese, Parmesan and spinach. Mix it all together and transfer to a large bowl. Set aside. In another bowl, add the 5 egg whites, cream of tartar and a pinch of salt. With an electric mixer, beat the egg whites on low for one minute. Turn the speed up to medium and beat for another minute. And now, beat on high speed for one minute until the peaks are glossy and beautiful. Take 1/4 of the egg whites and whisk them in with the spinach mixture. With the remaining egg whites, fold them in until it looks fluffy and transfer to a pre greased baking dish. Turn the oven down to 375 degrees F and bake for 20-30 minutes.

Every oven is different so we definitely suggest checking the soufflé after about 20 minutes because ours was just perfect! Drizzle a little olive oil over the top (if you like) and sprinkle with some parmesan cheese!

