

White miso soufflé

| Measurements | Ingredients |
|--------------|---------------------|
| 10 gr | unsalted butter |
| 70 gr | white miso paste(#) |
| 1370 gr | sugar |
| 3 | whole eggs |
| 3 | eggs white |

Preheat oven at 150 C.

Soften your butter and grease your soufflé dishes.

In a large mixing bowl, wisk together the white miso, 35gr of sugar and 3 eggs yolks.

In a separate bowl beat the 6 eggs white until they foam.

Then gradually add in the ramaining sugar and wisk to soft peaks.


Fold the whites into the miso mixture.


Fill your greased dishes, then tap them gently on the bench to ensure they have neat, float tops.


Bake for 9/12 minutes until they have risen and just set.

Macro

| |
|-----------------|
| Fat 7.7 gr |
| Carbs 53 gr |
| Protein 13.2 gr |
| Fiber 1.3 gr |
| Sugar 46.3 gr |
| Kcal |
| 333 per serving |


prep time
8 min.


cook time
9/12 min.


serving
3 servings

