

Low-Carb Cheese Soufflé

Hands-on 15 minutes Overall 30-35 minutes

Nutritional values (per serving): Total carbs: 2.1 g, Fiber: 0.5 g, **Net carbs: 1.7 g,**

Protein: 15.1 g, Fat: 23.1 g, Calories: 276 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 3 servings)

- 2 tbsp butter (28 g/ 1 oz)
- 1 heaped tbsp [almond flour](#) (8 g/ 0.3 oz)
- 1/4 tsp sea salt
- 1/3 cup [almond milk](#) (80 ml/ 2.7 fl oz)
- 2 tsp [Dijon mustard](#)
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)
- 2 tbsp + 1 tbsp grated Parmesan cheese (20 g/ 1.1. oz)
- 3 large eggs, separated

Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Grease three 1 cup capacity ramekins (or two 1 1/2 cup ramekins like I did).
2. Melt the butter in a medium sized saucepan. Add the almond meal and salt and stir constantly until combined – it will thicken slightly, though not as much as a traditional roux.
3. Add the milk and Dijon whisking constantly until smooth. Continue stirring until the mixture starts to boil, then reduce to a simmer and whisk until it has thickened slightly, about 5 minutes.
4. Add the cheddar cheese and 2 Tbsp of the parmesan and stir to combine, then remove from heat.
5. Stir the egg yolks into the cheese mixture and stir to combine.
6. Beat the egg whites with an electric mixer until stiff peaks are formed.
7. Gently fold the cheese mixture through the eggs until combined.
8. Spoon mixture between the ramekins, and sprinkle with the remaining 1 tbsp parmesan. Place on a baking tray inside oven.
9. Reduce heat to 180 °C/ 355 °F (conventional oven) or 170 °C/ 340 °F (fan forced oven). Bake 15 - 20 minutes or until puffy and starting to lightly brown.
10. Eat immediately while still warm.

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