

Easy Chocolate Soufflé

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-souffle-indian-recipe>

Ingredients:

- 1 tablespoon butter for dish, approximately
- 1/3 cup sugar plus some for dish
- 3 eggs separated
- 2 ounces bittersweet chocolate good quality, melted
- 1 pinch salt
- 1/4 teaspoon cream of tartar

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 165 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 5 grams
8. Sodium: 150 milligrams
9. Sugar: 25 grams

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