

Parmesan Sformato (Italian cheese "flan" or "souffle")

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-table-louisville-recipe-sformato-flan-recipe>

Ingredients:

- 1 tablespoon butter plus additional for coating ramekins
- 1 tablespoon all purpose flour
- 1 cup whole milk hot, but not boiled
- 1/4 teaspoon salt
- ground white pepper Pinch of freshly
- grated nutmeg Pinch of freshly
- 2 eggs
- 3/4 cup parmigiana reggiano finely grated, use the real stuff and grate it yourself, substitutions: Pecorino Romano or Grana Padano
- boiling water Kettle of, for water bath

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 130 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 530 milligrams
9. Sugar: 4 grams

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