



Delicious!

PREPARATION: 10 MINUTES | COOKING: 20-30 MINUTES | SERVINGS: 4

DUTCH APPLE SOUFFLÉ

INGREDIENTS

4 egg whites

½ teaspoon cream of tartar

4 egg yolks

½ cup all purpose flour

1 cup unfortified rice beverage*

1 tablespoon vanilla extract

½ cup apples, peeled,
cored and thinly sliced

½ teaspoon cinnamon

2 teaspoons canola oil (or cooking spray)

½ tablespoon powdered sugar

* Fortified rice beverage contains phosphate additives thus the unfortified product is recommended. You can find this product in the refrigerated section of your grocery store or the aisle that contains powdered or milk alternatives. Please be sure to refrigerate after opening.

PREPARATION

- 1** Preheat oven to 350°F.
- 2** In a medium bowl, with the help of an electric mixer, beat the egg whites and the cream of tartar until peaks form (approximately 3 minutes).
- 3** In a second bowl, combine the egg yolks, flour, rice beverage, and vanilla extract.
- 4** Sprinkle the apple slices with cinnamon. Gently fold the egg white mixture and apple slices into the mixture from step 3. The egg whites should not melt into the mixture but stay somewhat fluffy.
- 5** Oil a pie or an iron pan (or use cooking spray) and pour the egg mixture into it.
- 6** Bake in the oven for about 20-30 minutes or until the soufflé has risen and the color is slightly golden.
- 7** Garnish with powdered sugar before serving.

Tip: To enhance this recipe, consider garnishing the soufflé with additional kidney-friendly fruits, such as berries! Please note, the nutrient analysis does not include the addition of any garnish.



DUTCH APPLE SOUFFLÉ



Nutrient Analysis

PER SERVING
¼ of recipe

Renal/Diabetic Exchanges:
1 Protein + 1 Starch
+ ½ Lower-Potassium Fruit

Calories	202 Kcal
Protein	8 g
Total Carbohydrate	23 g
Fiber	1 g
Sugars	6 g
Fat	8 g
Saturated	2 g
Cholesterol	186 mg
Sodium	96 mg
Potassium	174 mg
Phosphorus	118 mg
Calcium	40 mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

POTASSIUM CHECK ✓

Easy one-pot protein recipes — soufflés

Preparing one-pot or one-pan meals can help save time and effort in the kitchen while providing a kidney-friendly meal. One example of this type of cooking is the soufflé. A soufflé is a baked dish with a flavorful base added to beaten egg whites. It can be either savory or sweet. When baked, air bubbles that have been whipped into the egg whites expand, making it pop up over the top of the baking dish. For the best results, pull eggs out of the refrigerator an hour before making the soufflé to allow them to come to room temperature.

While most people shy away from making a soufflé, as it seems to be a complicated process, it is really quite easy and can be such a treat. Soufflés can be served as either the main entrée; alongside meats and vegetables; or with fruit for a healthy dessert. When following a low-potassium diet be sure to flavor or pair your soufflé with lower-potassium fruits and vegetables such as apples, berries, onions, leeks, asparagus, corn, mushrooms and peppers.

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