

Grasshopper Souffle'

Jane Boyd

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

1 cup sugar, divided
2 envelopes unflavored gelatin
2 cups water
4 eggs, separated
8 ounces cream cheese, softened
1/4 cup creme de menthe
1 cup heavy cream, whipped
additional whipped cream
strawberries

In a saucepan, combine 3/4 cup of sugar and the gelatin. Gradually add water. Stir over low heat until dissolved. Remove from the heat. Blend in beaten egg yolks and return to the heat. Cook for 2 to 3 minutes. Gradually add to the cream cheese, stirring until well blended.

Stir in the creme de menthe and chill until slightly thickened. Beat the egg whites until soft peaks form. Gradually add the remaining sugar and beat until stiff. Fold the beaten whites and whipped cream into the cream cheese mixture.

Wrap a three-inch foil collar around the top of a 1-1/2-quart souffle' dish and secure with tape. Pour the mixture into the prepared dish. Chill until firm.

To serve, remove the foil collar and garnish with additional whipped cream and strawberries.

This recipe may be served in individual stemmed glasses.

Per Serving (excluding unknown items): 447 Calories; 23g Fat (48.0% calories from fat); 8g Protein; 49g Carbohydrate; 0g Dietary Fiber; 178mg Cholesterol; 186mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	447	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	45.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.2mg
			17mcg

Total Fat (g): 23g
Saturated Fat (g): 14g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 178mg
Carbohydrate (g): 49g
Dietary Fiber (g): 0g
Protein (g): 8g
Sodium (mg): 186mg
Potassium (mg): 92mg
Calcium (mg): 57mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 964IU
Vitamin A (r.e.): 282RE

Folacin (mcg):
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 31
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 3

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 447 **Calories from Fat:** 215

% Daily Values*

Total Fat	23g	36%
Saturated Fat	14g	69%
Cholesterol	178mg	59%
Sodium	186mg	8%
Total Carbohydrates	49g	16%
Dietary Fiber	0g	0%
Protein	8g	
Vitamin A		19%
Vitamin C		0%
Calcium		6%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.