

# Edam cheese soufflé

Savoury

level 

 1

 45 min



## Ingredients

120 ml	Fresubin 2 kcal DRINK Neutral
100 g	toast bread
50 g	Edam cheese (40 % fat)
60 g	mushrooms, fresh
1	egg (size M)
3 g	rapeseed oil (approx. 1/2 teaspoon)
5 g	butter (approx. 1/2 teaspoon)
	salt, pepper, garlic

## Nutritional information per serving:

Energy .....	790 kcal
Protein .....	40.6 g
Fat .....	35.7 g
Carbohydrate ....	76.1 g
Fibre.....	0.0 g



## Alternative products:

Fresubin® Energy DRINK

## Preparation

Dice toast bread and cheese, cut mushrooms into slices. Grease soufflé dish with butter. Fry the mushrooms in oil. Whisk the egg and Fresubin 2 kcal DRINK Neutral with the herbs. Pour over bread, cheese and mushrooms and allow to soak.

Mix and place in soufflé dish. Smooth the surface. Bake at 175 °C for approx. 30 to 35 minutes.

## TIP:

We recommend a green salad with French dressing as side dish.