



Bacon-Parmesan Soufflés

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter divided melted
- ☐ 0.1 teaspoon mustard dry
- ☐ 4 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup milk
- ☐ 1 cup parmesan cheese divided grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 sheets phyllo pastry frozen thawed

☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ roasting pan

Directions

- ☐ Cut 32 (7-inch) squares from pastry sheets.
- ☐ Brush phyllo squares with 1/4 cup butter, and arrange in 8 stacks, staggering corners; fit stacks into 6-ounce custard cups, allowing corners to overhang edges.
- ☐ Whisk together remaining 1/4 cup butter, flour, mustard, and nutmeg in a saucepan until smooth; cook over low heat, whisking constantly, 1 minute. Gradually add milk; cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Pour into a large bowl; gradually add 2/3 cup cheese.
- ☐ Whisk in yolks, salt, and pepper; cool to lukewarm.
- ☐ Beat egg whites until stiff peaks form; fold into cheese mixture in 2 batches. Spoon evenly into prepared custard cups, and place in a large roasting pan.
- ☐ Add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 20 minutes or until slightly firm to touch; cool souffls in water on a wire rack.
- ☐ Lift souffls gently from cups, and place on a greased baking sheet.
- ☐ Sprinkle evenly with remaining 1/3 cup cheese. Chill souffls up to 4 hours, if desired.
- ☐ Bake at 375 for 10 minutes or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 14.37%**  **FAT 67.81%**  **CARBS 17.82%**

Properties

Glycemic Index:37.88, Glycemic Load:4.57, Inflammation Score:-4, Nutrition Score:7.1213043258404%

Nutrients (% of daily need)

Calories: 251.99kcal (12.6%), Fat: 19.03g (29.27%), Saturated Fat: 10.76g (67.25%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.92g (3.97%), Sugar: 1.64g (1.83%), Cholesterol: 138.04mg (46.01%), Sodium: 548.41mg (23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Selenium: 16.38µg (23.4%), Phosphorus: 174.93mg (17.49%), Calcium: 167.73mg (16.77%), Vitamin B2: 0.26mg (15.07%), Vitamin A: 647.56IU (12.95%), Vitamin B12: 0.58µg (9.67%), Vitamin B1: 0.11mg (7.6%), Zinc: 1.08mg (7.21%), Folate: 28.59µg (7.15%), Vitamin B5: 0.6mg (6%), Vitamin D: 0.9µg (5.99%), Iron: 1mg (5.54%), Manganese: 0.1mg (5.17%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.08mg (3.84%), Magnesium: 14.06mg (3.51%), Vitamin B3: 0.69mg (3.44%), Potassium: 119.39mg (3.41%), Copper: 0.04mg (2.05%), Vitamin K: 1.73µg (1.64%), Fiber: 0.33g (1.33%)