

Bacon, Potato, and Gruyère Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 2 bacon crumbled cooked
- 2 tablespoons breadcrumbs dry
- 1 large eggs
- 6 large egg whites
- 0.3 cup fat-skimmed beef broth fat-free
- 3 ounces gruyere cheese finely grated
- 1 cup leek thinly sliced (1 large)

- 0.8 cup buttermilk low-fat
- 0.5 teaspoon salt
- 1.8 pounds potatoes white peeled cut into 1-inch pieces (3 medium)

Equipment

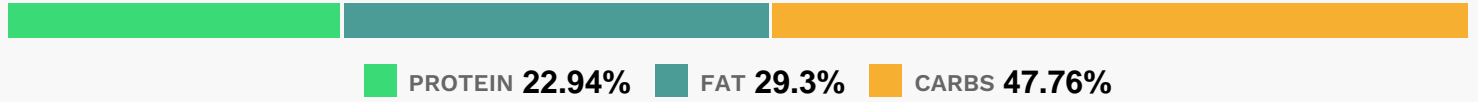
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- blender

Directions

- Lightly coat 6 (8-ounce) souffl dishes with cooking spray.
- Sprinkle evenly with breadcrumbs. Set aside.
- Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer for 20 minutes or until very tender; drain. Cool.
- Combine potatoes, buttermilk, and next 4 ingredients (through egg) in a food processor; process until smooth.
- Transfer potato mixture to a large bowl.
- Position oven rack to lowest setting; remove middle rack. Preheat to 42
- Melt butter in a nonstick skillet over medium-high heat.
- Add leek to pan; saut 6 minutes or until tender.
- Add leek, cheese, and bacon to potato mixture; stir well to combine.
- Place egg whites in a large mixing bowl; beat at high speed with a mixer until stiff peaks form (do not overbeat). Gently fold one-fourth of egg whites into potato mixture; gently fold in remaining egg whites. Gently spoon mixture into prepared dishes. Sharply tap dishes on counter 2 to 3 times to level.

- Place dishes on a baking sheet; place baking sheet on the bottom rack of a 425 oven. Immediately reduce oven temperature to 350 (do not remove souffls from oven).
- Bake 40 minutes or until a wooden pick inserted in the side of souffl comes out clean.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:13.479565174683%

Flavonoids

Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 246.07kcal (12.3%), Fat: 8.06g (12.41%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.59g (3.99%), Cholesterol: 53.12mg (17.71%), Sodium: 545.77mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.41%), Vitamin C: 28.14mg (34.11%), Vitamin B6: 0.48mg (24.15%), Phosphorus: 232.31mg (23.23%), Calcium: 217.63mg (21.76%), Selenium: 14.85µg (21.21%), Potassium: 731.92mg (20.91%), Vitamin B2: 0.34mg (19.91%), Manganese: 0.34mg (16.85%), Fiber: 3.37g (13.48%), Magnesium: 50.32mg (12.58%), Vitamin B1: 0.19mg (12.43%), Folate: 42.57µg (10.64%), Vitamin B3: 2.1mg (10.51%), Vitamin K: 10.5µg (10%), Copper: 0.2mg (9.91%), Iron: 1.78mg (9.87%), Vitamin A: 476.53IU (9.53%), Zinc: 1.33mg (8.89%), Vitamin B5: 0.83mg (8.32%), Vitamin B12: 0.46µg (7.75%), Vitamin E: 0.34mg (2.24%), Vitamin D: 0.26µg (1.75%)