



Cheddar, Chive, and Canadian Bacon Soufflé

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.3 cup canadian bacon chopped
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.3 teaspoon mustard dry
- ☐ 4 large egg whites
- ☐ 3 large egg yolks
- ☐ 8 ounce bread french
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups milk 1% low-fat

- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced

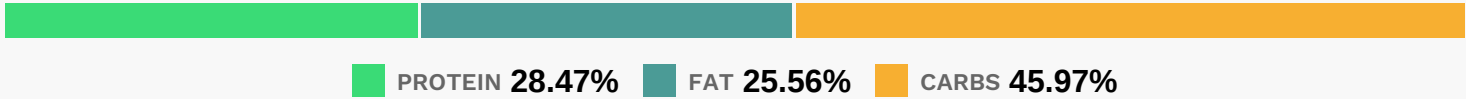
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Place bread in a food processor; pulse 10 times or until the coarse crumbs measure 4 cups. Set aside. Melt butter in a small skillet over medium heat; add shallot. Saut 3 minutes or until soft (do not brown); stir in salt.
- ☐ Combine shallot mixture, milk, and next 5 ingredients (through egg yolks) in a large bowl; stir well.
- ☐ Add 3 1/2 cups bread crumbs; stir until well-blended.
- ☐ Coat a 1 1/2-quart souffl dish with cooking spray; sprinkle remaining 1/2 cup bread crumbs over bottom and sides.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir 1/4 egg-white mixture into shallot mixture; gently fold in remaining egg-white mixture. Spoon into souffl dish.
- ☐ Bake at 375 for 1 hour or until souffl is set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:15.27, Inflammation Score:-5, Nutrition Score:12.12000014471%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 222.06kcal (11.1%), Fat: 6.25g (9.62%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 24.31g (8.84%), Sugar: 6.2g (6.89%), Cholesterol: 106.08mg (35.36%), Sodium: 675.16mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Selenium: 26.52µg (37.88%), Vitamin B1: 0.43mg (28.86%), Vitamin B2: 0.46mg (27.03%), Phosphorus: 238.71mg (23.87%), Calcium: 174.87mg (17.49%), Folate: 65.97µg (16.49%), Vitamin B3: 2.78mg (13.91%), Vitamin B12: 0.8µg (13.35%), Manganese: 0.23mg (11.49%), Vitamin D: 1.7µg (11.35%), Iron: 1.94mg (10.76%), Vitamin B6: 0.19mg (9.41%), Zinc: 1.32mg (8.78%), Potassium: 303.43mg (8.67%), Vitamin B5: 0.81mg (8.08%), Vitamin A: 389.85IU (7.8%), Magnesium: 29.86mg (7.46%), Copper: 0.08mg (4.21%), Fiber: 0.99g (3.96%), Vitamin K: 4.1µg (3.9%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.24mg (1.5%)