



## Cottage Cheese Souffle

READY IN



70 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 slices bacon diced finely
- 1 teaspoon double-acting baking powder
- 2.3 cups curd cottage cheese
- 4 eggs
- 8 ounce cheddar cheese shredded
- 6.5 tablespoons flour whole wheat

### Equipment

- bowl

- oven
- whisk
- baking pan
- toothpicks

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x9-inch baking dish.
- In a large bowl, beat the eggs, and slowly whisk in whole wheat flour, baking powder, salt, garlic, red pepper flakes, and nutmeg.
- Mix in the cottage cheese, Cheddar cheese, and bacon.
- Transfer the mixture to the prepared baking dish.
- Bake in the preheated oven until the top is browned and crispy, and a toothpick inserted into the center of the souffle comes out clean, 55 minutes to 1 hour.

## Nutrition Facts



■ PROTEIN 26.47% ■ FAT 63.16% ■ CARBS 10.37%

## Properties

Glycemic Index:24.33, Glycemic Load:1.19, Inflammation Score:−5, Nutrition Score:13.679999906084%

## Nutrients (% of daily need)

Calories: 381.81kcal (19.09%), Fat: 26.75g (41.16%), Saturated Fat: 12.1g (75.65%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.06g (3.3%), Sugar: 2.53g (2.81%), Cholesterol: 173.43mg (57.81%), Sodium: 748.01mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.45%), Selenium: 36.3µg (51.85%), Phosphorus: 434.03mg (43.4%), Calcium: 396.68mg (39.67%), Vitamin B2: 0.47mg (27.43%), Vitamin B12: 1.12µg (18.63%), Zinc: 2.52mg (16.79%), Manganese: 0.32mg (16.21%), Vitamin A: 663.27IU (13.27%), Vitamin B5: 1.23mg (12.25%), Vitamin B6: 0.19mg (9.73%), Vitamin B1: 0.13mg (8.95%), Folate: 35.23µg (8.81%), Magnesium: 33.28mg (8.32%), Vitamin D: 0.97µg (6.48%), Potassium: 221.69mg (6.33%), Vitamin B3: 1.24mg (6.19%), Iron: 1.05mg (5.86%), Vitamin E: 0.79mg (5.28%), Copper: 0.1mg (4.85%), Fiber: 0.81g (3.25%), Vitamin K: 1.14µg (1.09%)