



 **13%**
HEALTH SCORE

Egg Souffle With Bacon and Asparagus

 **Gluten Free**

READY IN



60 min.

SERVINGS



2

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 asparagus cut into coins
- 3 strips bacon thick cut
- 4 large eggs
- 0.8 cup cup heavy whipping cream
- 0.5 cup onion minced
- 0.5 cup parmesan shredded
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- ramekin

Directions

- Preheat oven to 350 degrees. Lightly grease a 16-ounce ramekin or two 8-ounce ramekins. In a nonstick frying pan, cook bacon over medium-high heat until crispy.
- Place bacon strips on a paper towel-lined plate to drain. When bacon is cooled, cut into bite-sized pieces and set aside.
- Drain all but 2 teaspoons of bacon fat from pan.
- Add minced onion and sweat for 3 to 4 minutes, until onions are almost translucent.
- Add asparagus and cook for about a minute more.
- Remove pan from heat. In a small bowl, whisk together eggs, heavy cream, Parmesan, salt and pepper, until ingredients are incorporated. Stir in onions and asparagus. Line bottom of ramekin(s) with bacon pieces.
- Pour egg mixture over bacon. Arrange reserved asparagus tips on top of the egg mixture and place ramekin on a parchment-lined baking sheet.
- Bake in oven for 35 to 40 minutes, until center slightly jiggles and top of souffl is somewhat browned.
- Serve immediately, before it falls!

Nutrition Facts

  

PROTEIN 16.22% **FAT 78.55%** **CARBS 5.23%**

Properties

Glycemic Index:59, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:24.515217391304%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.74mg, Isorhamnetin: 4.74mg, Isorhamnetin: 4.74mg, Isorhamnetin: 4.74mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg

Taste

Sweetness: 25.34%, Saltiness: 97.6%, Sourness: 9.62%, Bitterness: 11.21%, Savoriness: 53.71%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 795.54kcal (39.78%), Fat: 69.72g (107.26%), Saturated Fat: 34.98g (218.61%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.78g (6.42%), Cholesterol: 525.49mg (175.16%), Sodium: 1508.03mg (65.57%), Protein: 32.4g (64.79%), Selenium: 51.17µg (73.1%), Phosphorus: 537.78mg (53.78%), Vitamin B2: 0.83mg (48.84%), Vitamin A: 2431.57IU (48.63%), Calcium: 435.24mg (43.52%), Vitamin B12: 1.6µg (26.71%), Vitamin D: 3.77µg (25.13%), Vitamin B5: 2.36mg (23.56%), Vitamin B6: 0.46mg (22.98%), Vitamin K: 23.91µg (22.77%), Folate: 84.9µg (21.23%), Zinc: 3.16mg (21.06%), Vitamin B1: 0.3mg (20.25%), Iron: 3.39mg (18.86%), Vitamin E: 2.71mg (18.07%), Potassium: 509.85mg (14.57%), Vitamin B3: 2.89mg (14.45%), Magnesium: 46.68mg (11.67%), Copper: 0.22mg (11.05%), Manganese: 0.18mg (9.24%), Vitamin C: 6.18mg (7.5%), Fiber: 1.72g (6.88%)