



HEALTH SCORE

51%

Muffin-Cup Soufflés



Gluten Free

READY IN

**50 min.**

SERVINGS

**1**

CALORIES

**1908 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 slices bacon cooked chopped
- ☐ 4 large egg whites
- ☐ 6 large eggs
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup milk low-fat
- ☐ 12 peanut butter cups

- ☐ 1 serving soya sauce
- ☐ 0.3 teaspoon salt

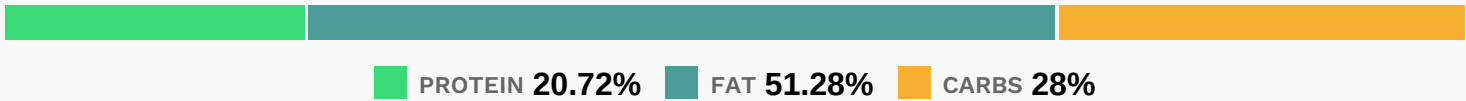
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 32
- ☐ Stir together bacon, green onions, ginger, and pepper.
- ☐ Whisk together eggs, egg whites, milk, and salt in a medium bowl.
- ☐ Place paper baking cups in a 12-cup muffin pan, and coat with vegetable cooking spray. Divide egg mixture among paper baking cups; top with bacon mixture.
- ☐ Bake 25 minutes or until tops begin to brown. Cool on a wire rack 3 minutes.
- ☐ Serve each souffl with soy sauce.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:60.492173775383%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 1908.02kcal (95.4%), Fat: 110.25g (169.61%), Saturated Fat: 38.36g (239.74%), Carbohydrates: 135.44g (45.15%), Net Carbohydrates: 126.39g (45.96%), Sugar: 111.63g (124.04%), Cholesterol: 1187.56mg (395.85%),

Sodium: 3867.7mg (168.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.28mg (4.76%), Protein: 100.23g (200.46%), Selenium: 151.17µg (215.95%), Vitamin B2: 2.69mg (158.08%), Phosphorus: 1416.63mg (141.66%), Vitamin K: 109.54µg (104.33%), Vitamin B12: 5.28µg (88.03%), Vitamin B3: 15.86mg (79.31%), Vitamin B5: 7.63mg (76.29%), Folate: 289.1µg (72.27%), Calcium: 682.29mg (68.23%), Zinc: 9.31mg (62.05%), Potassium: 2155.61mg (61.59%), Magnesium: 241.28mg (60.32%), Vitamin B6: 1.2mg (59.91%), Vitamin B1: 0.9mg (59.69%), Vitamin D: 8.79µg (58.59%), Vitamin A: 2715.8IU (54.32%), Iron: 9.54mg (53.02%), Copper: 0.88mg (43.87%), Fiber: 9.05g (36.22%), Vitamin E: 4mg (26.69%), Manganese: 0.37mg (18.36%), Vitamin C: 10.36mg (12.56%)