



No Fail Bacon & Cheese SoufflÃ©s

READY IN



70 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 3 Tbsp butter
- 1 Tbsp grey poupon dijon mustard
- 4 eggs separated
- 3 Tbsp flour
- 0.8 cup mild cheddar cheese shredded kraft
- 0.8 cup milk

Equipment

- sauce pan
- oven
- hand mixer
- muffin liners

Directions

- Preheat oven to 350F. Melt butter in medium saucepan on medium heat; stir in flour. Cook 1 min. Gradually add milk, stirring until well blended. Cook and stir until mixture comes to boil.
- Remove from heat.
- Add cheese, stirring until melted. Stir in mustard and bacon. Cool slightly. Stir in egg yolks, 1 at a time.
- Beat egg whites with electric mixer on medium speed until stiff but not dry, about 5 min. Gently fold into yolk mixture.
- Pour into 12 lightly greased nonstick muffin cups.
- Bake 25 min. or until puffed and set.

Nutrition Facts

PROTEIN 16.99% **FAT 74.56%** **CARBS 8.45%**

Properties

Glycemic Index:18.5, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:3.650869568162%

Nutrients (% of daily need)

Calories: 122.56kcal (6.13%), Fat: 10.13g (15.59%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.84g (0.93%), Cholesterol: 75.93mg (25.31%), Sodium: 157.97mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Selenium: 9.36µg (13.37%), Phosphorus: 91.58mg (9.16%), Vitamin B2: 0.14mg (8.03%), Calcium: 79.19mg (7.92%), Vitamin B12: 0.33µg (5.51%), Vitamin A: 266.99IU (5.34%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.05mg (3.6%), Vitamin D: 0.53µg (3.55%), Vitamin B6: 0.06mg (3.02%), Folate: 12µg (3%), Iron: 0.41mg (2.25%), Vitamin E: 0.33mg (2.23%), Vitamin B3: 0.44mg (2.22%), Potassium: 67.81mg (1.94%), Magnesium: 7.46mg (1.87%), Manganese: 0.02mg (1.21%)