



## Smokey Sweet Potato Souffle

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bacon sliced
- 1 chipotle in adobo chopped
- 5 eggs separated
- 10 servings kosher salt and pepper black freshly ground
- 0.3 cup grade b maple syrup
- 5 pounds sweet potatoes with a knife

### Equipment

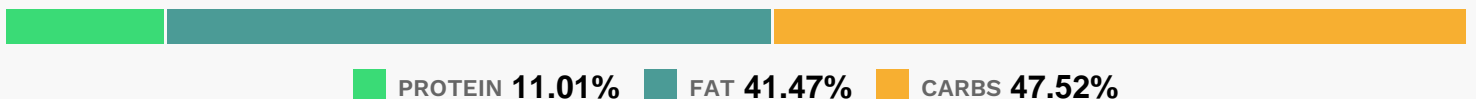
- bowl

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Roast the potatoes on sheet tray until fully cooked, about 1 hour. Set aside until cool enough to handle.
- Meanwhile cook the bacon in large skillet over medium-high heat until crisp.
- Remove and drain on paper towels, reserving the rendered bacon fat. Chop bacon and set aside, reserving 1/4 cup for garnish.
- Peel the sweet potatoes and mash.
- Add the potatoes to a large bowl. Stir in the chopped chipotle, adobe sauce, maple syrup, chopped bacon and egg yolks.
- Mix together until combined. Season, to taste, with salt and pepper.
- In a separate large bowl, whip the egg whites until stiff peaks form.
- Add 1/3 of whipped egg whites to sweet potato mixture and fold to create a lighter base. Fold in remaining whites until just incorporated, leaving some white streaks.
- Grease a 2 quart baking dish with some of the reserved bacon fat and gently pour in sweet potato souffle mixture.
- Sprinkle with the remaining chopped bacon.
- Put the baking dish on a sheet tray and bake 40 minutes. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:12.65, Glycemic Load:24.51, Inflammation Score:-10, Nutrition Score:19.913478270821%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 438.64kcal (21.93%), Fat: 20.21g (31.1%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 52.11g (17.37%), Net Carbohydrates: 45.13g (16.41%), Sugar: 14.49g (16.1%), Cholesterol: 111.78mg (37.26%), Sodium: 457.02mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.13%), Vitamin A: 32311.78IU (646.24%), Manganese: 0.79mg (39.71%), Vitamin B6: 0.63mg (31.62%), Fiber: 6.98g (27.92%), Potassium: 903.92mg (25.83%), Selenium: 17.24µg (24.62%), Vitamin B5: 2.4mg (24.05%), Vitamin B2: 0.38mg (22.24%), Phosphorus: 215.63mg (21.56%), Vitamin B1: 0.32mg (21.09%), Copper: 0.38mg (18.93%), Magnesium: 66.64mg (16.66%), Vitamin B3: 3.11mg (15.56%), Iron: 2.01mg (11.16%), Zinc: 1.56mg (10.38%), Calcium: 91.84mg (9.18%), Folate: 35.3µg (8.83%), Vitamin B12: 0.42µg (7.04%), Vitamin E: 1.02mg (6.78%), Vitamin C: 5.44mg (6.6%), Vitamin D: 0.62µg (4.14%), Vitamin K: 4.31µg (4.11%)