



## Sweet Potato Souffle

READY IN



95 min.

SERVINGS



8

CALORIES



454 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 5 slices bacon crumbled cooked
- 2 ounces cream cheese room temperature
- 3 large eggs
- 0.3 cup flour all-purpose
- 8 servings kosher salt and pepper black freshly ground
- 0.8 cup brown sugar light
- 3 tablespoons brown sugar light
- 0.5 cup pecans chopped
- 3 pounds sweet potatoes

3 tablespoons butter unsalted cold cubed

3 tablespoons butter unsalted softened

## Equipment

bowl

oven

whisk

hand mixer

stand mixer

## Directions

Watch how to make this recipe.

Preheat the oven to 375 degrees F.

Peel the sweet potatoes and add the flesh to a bowl. Beat in the butter using a hand mixer or a stand mixer with the whisk attachment until well combined. Beat in the cream cheese, brown sugar and eggs, adding one at a time.

Sprinkle with salt and pepper.

Mix together the brown sugar, pecans, flour, butter and bacon in a separate bowl until it looks crumbly.

Add the mixture to a deep-dish pie plate and bake until puffed and golden, 30 minutes.

Let rest for 10 minutes before serving (the souffle will fall slightly).

## Nutrition Facts



**PROTEIN 7.19%** **FAT 37.96%** **CARBS 54.85%**

## Properties

Glycemic Index:25.25, Glycemic Load:19.19, Inflammation Score:-10, Nutrition Score:17.213478243869%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg  
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate:  
0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg  
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg,  
Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:  
0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg,  
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 453.61kcal (22.68%), Fat: 19.52g (30.04%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 63.48g  
(21.16%), Net Carbohydrates: 57.59g (20.94%), Sugar: 32.11g (35.67%), Cholesterol: 104.43mg (34.81%), Sodium:  
234.72mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.64%), Vitamin A: 24596.72IU  
(491.93%), Manganese: 0.81mg (40.42%), Fiber: 5.89g (23.55%), Vitamin B6: 0.44mg (22.25%), Potassium:  
702.78mg (20.08%), Copper: 0.38mg (18.95%), Vitamin B5: 1.87mg (18.66%), Phosphorus: 170.83mg (17.08%),  
Selenium: 11.92µg (17.02%), Vitamin B1: 0.25mg (16.4%), Magnesium: 58.71mg (14.68%), Vitamin B2: 0.25mg  
(14.66%), Iron: 1.96mg (10.92%), Calcium: 98.13mg (9.81%), Folate: 37.39µg (9.35%), Vitamin B3: 1.84mg (9.18%),  
Zinc: 1.29mg (8.63%), Vitamin E: 1.06mg (7.09%), Vitamin C: 4.16mg (5.04%), Vitamin B12: 0.25µg (4.25%), Vitamin  
K: 4.42µg (4.21%), Vitamin D: 0.55µg (3.68%)