

Thanksgiving Savory Bacon Butternut Squash Souffle

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-thanksgiving-recipe>

Ingredients:

- 1 butternut squash small, cut in half lengthwise, about 2 cups pureed
- 4 eggs yolks and whites separated
- 1 tablespoon coconut flour
- 4 slices bacon diced
- 1/4 cup rendered bacon fat from the bacon you just cooked
- 1 garlic clove minced
- 1 shallot sliced
- 1 teaspoon fresh thyme chopped
- 1 teaspoon fresh sage chopped
- salt and pepper, to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 185 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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