



## Apple-Cheddar Strata

READY IN



430 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 cups sandwich bread white cubed
- 12 oz apples frozen thawed
- 6 oz finely-chopped ham cooked chopped
- 3 oz sharp cheddar cheese shredded
- 4 eggs
- 1 Dash pepper white
- 0.3 cup frangelico

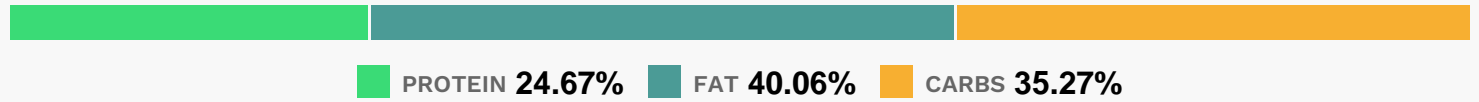
### Equipment

- bowl
- oven
- whisk

## Directions

- Spray 9 1/2-inch deep-dish glass pie plate with cooking spray. Arrange bread cubes in bottom of pie plate. Spoon apples evenly over bread; sprinkle with ham and cheese.
- In medium bowl, beat eggs, half-and-half and pepper with wire whisk until well blended. Carefully pour over apples, ham and cheese. Cover; refrigerate at least 6 hours or overnight.
- Heat oven to 350°F.
- Bake uncovered 40 to 45 minutes or until top is lightly browned and center is set.
- Let stand 10 to 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:33.44, Glycemic Load:17.05, Inflammation Score:-5, Nutrition Score:16.886086930399%

## Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

## Nutrients (% of daily need)

Calories: 364.31kcal (18.22%), Fat: 16.22g (24.95%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 29.1g (10.58%), Sugar: 11.18g (12.42%), Cholesterol: 215.98mg (71.99%), Sodium: 881.37mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Selenium: 37.09µg (52.98%), Phosphorus: 362.96mg (36.3%), Vitamin B1: 0.46mg (30.89%), Vitamin B2: 0.51mg (30.18%), Calcium: 266.36mg

(26.64%), Vitamin B12: 1.22µg (20.28%), Folate: 72.7µg (18.18%), Zinc: 2.68mg (17.86%), Vitamin B3: 3.51mg (17.54%), Vitamin C: 13.87mg (16.82%), Manganese: 0.31mg (15.4%), Iron: 2.63mg (14.59%), Vitamin B5: 1.4mg (13.96%), Vitamin B6: 0.27mg (13.48%), Fiber: 3.01g (12.05%), Vitamin A: 496.97IU (9.94%), Potassium: 333.84mg (9.54%), Magnesium: 35.06mg (8.76%), Copper: 0.16mg (8.06%), Vitamin D: 1.01µg (6.72%), Vitamin E: 0.86mg (5.74%), Vitamin K: 2.59µg (2.47%)