



Apple-Stuffed Strata

 Vegetarian

READY IN



72 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 1 ounce raisin bread cut in half diagonally
- 5 large eggs
- 4 cups golden delicious apple peeled sliced
- 1 tablespoon granulated sugar
- 6 tablespoons granulated sugar divided
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk 1% low-fat

0.8 cup pecans divided chopped

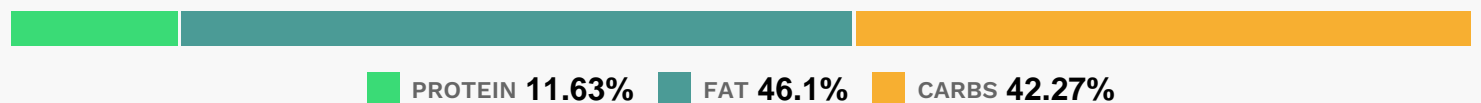
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add apple and 1 tablespoon granulated sugar to pan; saut 8 minutes or until apple is tender and lightly browned.
- Remove from heat; cool 5 minutes.
- Coat an 11 x 7-inch glass or ceramic baking dish with cooking spray. Arrange half of bread in dish. Top with apple mixture; top with 1/2 cup pecans. Arrange remaining bread over pecans.
- Combine the remaining 5 tablespoons granulated sugar, milk, cinnamon, and eggs in a medium bowl, stirring with a whisk.
- Pour milk mixture over bread, pressing down to submerge. Cover and chill overnight.
- Preheat oven to 35
- Uncover dish.
- Sprinkle remaining 1/4 cup pecans and turbinado sugar evenly over bread.
- Bake at 350 for 48 minutes or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:11.31, Inflammation Score:-3, Nutrition Score:8.1286955929321%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 229.36kcal (11.47%), Fat: 12.05g (18.54%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 22.16g (8.06%), Sugar: 19.67g (21.86%), Cholesterol: 121.15mg (40.38%), Sodium: 83.33mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 0.53mg (26.59%), Selenium: 11.7µg (16.71%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 146.25mg (14.63%), Fiber: 2.7g (10.8%), Vitamin B12: 0.55µg (9.17%), Calcium: 88.15mg (8.82%), Copper: 0.17mg (8.62%), Vitamin B1: 0.13mg (8.57%), Vitamin B5: 0.79mg (7.89%), Zinc: 1.11mg (7.41%), Vitamin D: 1.11µg (7.41%), Vitamin B6: 0.14mg (6.78%), Vitamin A: 324.68IU (6.49%), Potassium: 226.97mg (6.48%), Magnesium: 25.57mg (6.39%), Folate: 23.5µg (5.87%), Iron: 1.01mg (5.59%), Vitamin E: 0.63mg (4.23%), Vitamin B3: 0.38mg (1.88%), Vitamin K: 1.81µg (1.72%)