



Artichoke-Spinach Strata

READY IN



330 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup bell pepper red finely chopped (1 medium)
- ☐ 0.5 cup onion finely chopped (1 medium)
- ☐ 2 cloves garlic finely chopped
- ☐ 14 oz artichoke hearts drained coarsely chopped quartered canned ()
- ☐ 9 oz spinach frozen thawed
- ☐ 8 cups bread crumbs cubed (1 inch) (1 lb)
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 6 eggs

- ☐ 2.5 cups milk
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 oz parmesan shredded

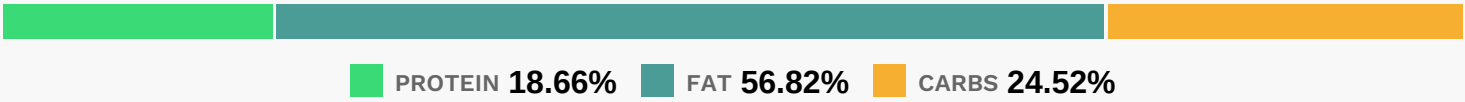
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium heat.
- ☐ Add bell pepper, onion and garlic; cook about 6 minutes, stirring occasionally, until tender.
- ☐ Remove from heat. Stir in artichokes and spinach; set aside.
- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Arrange bread cubes in dish. Spoon vegetable mixture evenly over bread cubes; sprinkle with Monterey Jack cheese.
- ☐ In medium bowl, beat eggs, milk, mustard, salt and pepper with wire whisk until blended; pour evenly over bread, vegetables and cheese.
- ☐ Sprinkle with Parmesan cheese. Cover tightly with foil; refrigerate at least 4 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F.
- ☐ Bake covered 30 minutes. Uncover; bake 20 to 30 minutes longer or until top is golden brown and knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:23.589565090511%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 397.67kcal (19.88%), Fat: 25.16g (38.71%), Saturated Fat: 13.26g (82.84%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 21.14g (7.69%), Sugar: 14.42g (16.02%), Cholesterol: 155.65mg (51.88%), Sodium: 919.6mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.18%), Vitamin K: 122.77µg (116.92%), Vitamin A: 4844.18IU (96.88%), Calcium: 401.69mg (40.17%), Vitamin C: 26.58mg (32.21%), Phosphorus: 321.95mg (32.2%), Vitamin B2: 0.48mg (28.17%), Selenium: 18.61µg (26.59%), Folate: 94.42µg (23.61%), Vitamin B12: 0.97µg (16.12%), Manganese: 0.3mg (14.93%), Magnesium: 54.65mg (13.66%), Fiber: 3.28g (13.11%), Vitamin B6: 0.26mg (12.84%), Zinc: 1.89mg (12.58%), Vitamin E: 1.78mg (11.84%), Potassium: 413.49mg (11.81%), Iron: 2.11mg (11.74%), Vitamin D: 1.66µg (11.08%), Vitamin B1: 0.15mg (9.88%), Vitamin B5: 0.97mg (9.75%), Vitamin B3: 1.77mg (8.86%), Copper: 0.09mg (4.53%)