

Asparagus Strata

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed cut into 1/2-inch pieces
- 6 eggs lightly beaten
- 2 cups milk 2%
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded
- 4 cups water

Equipment

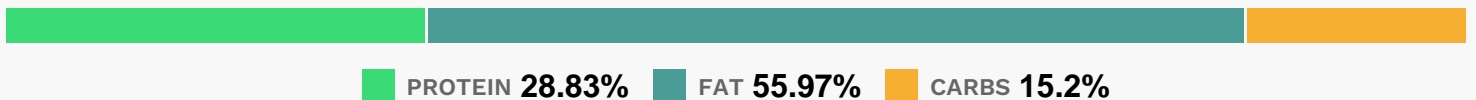
- bowl

- sauce pan
- oven
- knife
- baking pan

Directions

- In a large saucepan, bring water to a boil.
- Add asparagus; boil, uncovered, for 3 minutes.
- Drain and immediately place asparagus in ice water.
- Drain and pat dry.
- In a large bowl, combine the asparagus, milk, bread cubes, eggs, cheese and salt.
- Transfer to a greased 2-qt. baking dish. Cover and refrigerate for 5 hours or overnight.
- Remove from the refrigerator 30 minutes before baking.
- Bake, uncovered, at 350° for 45–55 minutes or until a knife inserted near the center comes out clean.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:14.498695580856%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 194.48kcal (9.72%), Fat: 12.26g (18.86%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.9g (2.15%), Sugar: 5.63g (6.25%), Cholesterol: 188.87mg (62.96%), Sodium: 620.04mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Selenium: 22.56µg (32.23%), Vitamin B2: 0.54mg (31.56%), Vitamin K: 32.19µg (30.66%), Phosphorus: 285.37mg (28.54%), Calcium: 275.78mg (27.58%),

Vitamin A: 1078.74IU (21.57%), Folate: 67.89µg (16.97%), Vitamin B12: 1.01µg (16.81%), Zinc: 2.06mg (13.76%), Iron: 2.44mg (13.54%), Vitamin B5: 1.24mg (12.4%), Vitamin B1: 0.16mg (10.79%), Copper: 0.21mg (10.55%), Vitamin E: 1.48mg (9.88%), Potassium: 338.2mg (9.66%), Vitamin B6: 0.19mg (9.33%), Magnesium: 31.21mg (7.8%), Manganese: 0.15mg (7.28%), Vitamin D: 0.99µg (6.62%), Fiber: 1.59g (6.35%), Vitamin C: 4.39mg (5.32%), Vitamin B3: 0.85mg (4.27%)