



Bacon, Cheese and Tomato Strata

READY IN



195 min.

SERVINGS



12

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 8 oz unseasoned bread cubes french packed
- ☐ 8 oz cheddar cheese shredded
- ☐ 2 cups roma tomatoes chopped (plum) (6 medium)
- ☐ 6 eggs
- ☐ 1.5 cups milk
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon salt
- ☐ 6 slices bacon

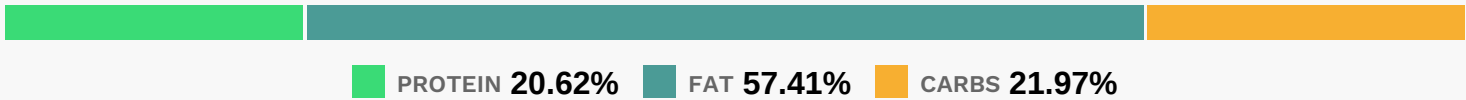
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Spread bread in baking dish.
- ☐ Sprinkle evenly with 1 1/2 cups of the cheese; mix lightly with bread.
- ☐ Sprinkle with tomatoes.
- ☐ In medium bowl, beat eggs, milk, mustard, basil and salt with fork or wire whisk; pour over bread mixture. Cover tightly and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F.
- ☐ Bake uncovered 40 to 45 minutes or until knife inserted in center comes out clean. Meanwhile, in 10-inch skillet, cook bacon over medium heat 8 to 10 minutes, turning occasionally, until crisp; drain on paper towel.
- ☐ Crumble bacon.
- ☐ Sprinkle bacon and remaining 1/2 cup cheese over strata.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:5.89, Inflammation Score:-5, Nutrition Score:10.188695555148%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 232.07kcal (11.6%), Fat: 14.81g (22.79%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 11.48g (4.17%), Sugar: 3.74g (4.15%), Cholesterol: 111.66mg (37.22%), Sodium: 432.16mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Selenium: 20.48µg (29.26%), Calcium: 213.76mg (21.38%), Phosphorus: 211.29mg (21.13%), Vitamin B2: 0.29mg (17.13%), Manganese: 0.29mg (14.54%), Vitamin A: 691.41IU (13.83%), Vitamin B1: 0.15mg (10.32%), Vitamin B12: 0.62µg (10.26%), Zinc: 1.5mg (10.03%), Folate: 36.58µg (9.14%), Vitamin B3: 1.8mg (8.99%), Vitamin B5: 0.78mg (7.82%), Vitamin B6: 0.15mg (7.61%), Iron: 1.33mg (7.39%), Potassium: 235.38mg (6.73%), Vitamin C: 5.44mg (6.6%), Magnesium: 25.6mg (6.4%), Vitamin D: 0.93µg (6.22%), Vitamin K: 6.09µg (5.8%), Fiber: 1.28g (5.11%), Vitamin E: 0.69mg (4.63%), Copper: 0.08mg (4.02%)