



## Bacon, Gruyère, and Ham Strata

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 bacon crumbled cooked drained ( )
- 0.8 cup seasoning cubes diced
- 1 tablespoon dijon mustard
- 1 cup egg substitute
- 2 cups skim milk fat-free
- 1 cup spring onion chopped
- 0.3 teaspoon ground pepper red
- 4 ounces gruyere cheese shredded
- 12 ounces sourdough bread french toasted cut into 1/2-inch cubes ( 10 cups),

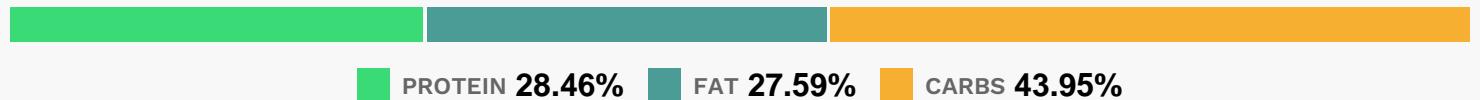
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Combine milk, green onions, egg substitute, mustard, and pepper in a large bowl, stirring with a whisk.
- Add bread cubes and ham; stir well to combine.
- Pour into a 2-quart baking pan coated with cooking spray.
- Sprinkle with shredded cheese. Cover and chill 8 hours or overnight.
- Preheat oven to 35
- Uncover dish, and bake at 350 for 20 minutes.
- Sprinkle with bacon.
- Bake an additional 15 minutes or until bread mixture is set and cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:34.96, Glycemic Load:24.28, Inflammation Score:-7, Nutrition Score:18.959999996683%

## Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 326.59kcal (16.33%), Fat: 10.05g (15.47%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.22g (12.45%), Sugar: 8.3g (9.22%), Cholesterol: 36.15mg (12.05%), Sodium: 894.91mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Selenium: 40.77µg (58.24%),

Calcium: 371.66mg (37.17%), Vitamin B1: 0.55mg (36.78%), Vitamin B2: 0.58mg (34.37%), Vitamin K: 35.59µg (33.9%), Phosphorus: 319.86mg (31.99%), Folate: 90.59µg (22.65%), Iron: 3.48mg (19.31%), Vitamin B3: 3.57mg (17.87%), Manganese: 0.35mg (17.25%), Vitamin B12: 0.97µg (16.17%), Zinc: 2.33mg (15.55%), Vitamin B5: 1.33mg (13.31%), Vitamin A: 640.36IU (12.81%), Magnesium: 47.06mg (11.77%), Vitamin D: 1.67µg (11.15%), Vitamin B6: 0.22mg (10.95%), Potassium: 381.27mg (10.89%), Fiber: 1.81g (7.24%), Vitamin E: 0.96mg (6.37%), Copper: 0.12mg (6.21%), Vitamin C: 3.41mg (4.13%)