



## Bacon, Onion, and Fontina Strata

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 5 slices bacon crumbled cooked
- 2 teaspoons dijon mustard
- 1 cup egg substitute
- 2.5 cups milk fat-free
- 4 ounces fontina shredded
- 10 ounce bread french italian
- 0.3 teaspoon salt
- 0.3 cup water

5 cups oso sweet chopped

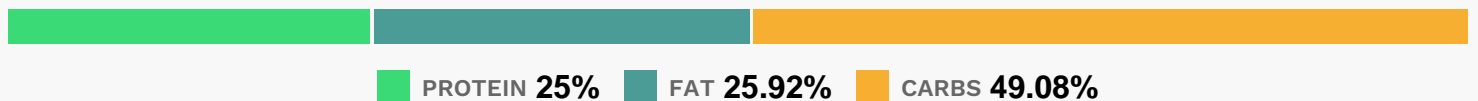
## Equipment

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

## Directions

- Heat a large nonstick skillet over medium heat.
- Add onion; saut 10 minutes or until onion begins to brown.
- Add water; cover, reduce heat to low, and simmer 25 minutes, stirring occasionally. Uncover and simmer 30 minutes or until liquid almost evaporates. Cool.
- Combine milk, egg substitute, mustard, salt, and pepper in a large bowl, stirring with a whisk. Stir in onion and bacon.
- Add bread; toss gently to coat.
- Arrange half of bread mixture in an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle with half of cheese. Top with remaining bread mixture. Cover and chill overnight.
- Preheat oven to 35
- Uncover strata.
- Bake at 350 for 25 minutes.
- Sprinkle with 1/2 cup cheese; bake an additional 20 minutes or until browned.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.59, Glycemic Load:15.49, Inflammation Score:-7, Nutrition Score:13.668260833491%

## Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg

## Nutrients (% of daily need)

Calories: 248.28kcal (12.41%), Fat: 7.21g (11.09%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 28.95g (10.53%), Sugar: 11.36g (12.62%), Cholesterol: 23.69mg (7.9%), Sodium: 596.62mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Selenium: 29.57µg (42.25%), Vitamin B1: 0.4mg (26.99%), Vitamin B2: 0.43mg (25.23%), Calcium: 241.23mg (24.12%), Phosphorus: 237.62mg (23.76%), Folate: 73.87µg (18.47%), Vitamin B6: 0.29mg (14.59%), Manganese: 0.28mg (14.11%), Vitamin B12: 0.84µg (13.98%), Iron: 2.35mg (13.03%), Vitamin B3: 2.53mg (12.64%), Zinc: 1.8mg (11.97%), Potassium: 388.96mg (11.11%), Vitamin B5: 1.11mg (11.09%), Magnesium: 38.34mg (9.59%), Vitamin D: 1.43µg (9.51%), Vitamin A: 357.18IU (7.14%), Fiber: 1.75g (7%), Copper: 0.13mg (6.49%), Vitamin C: 4.95mg (6.01%), Vitamin E: 0.64mg (4.24%), Vitamin K: 1.1µg (1.05%)