



Basil Breakfast Strata

READY IN



540 min.

SERVINGS



12

CALORIES



600 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 3.5 cups milk
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 8 cups bread french
- 8 oz mozzarella cheese shredded
- 0.3 cup basil pesto
- 2 oz parmesan cheese grated

Equipment

- bowl
- oven
- knife
- whisk
- plastic wrap
- baking pan
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, beat eggs with wire whisk until foamy. Beat in milk until blended; beat in salt and pepper. Set aside.
- Place bread cubes in baking dish.
- Sprinkle with mozzarella cheese.
- Pour egg mixture over top, pressing lightly to moisten bread. Using spoon, swirl pesto through mixture.
- Sprinkle Parmesan cheese over top. Cover with plastic wrap; refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 350°F.
- Remove plastic wrap; bake uncovered 40 to 45 minutes or until strata is puffed and knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Cut into squares.

Nutrition Facts



PROTEIN 18.66% **FAT 23.47%** **CARBS 57.87%**

Properties

Glycemic Index:14.79, Glycemic Load:64.49, Inflammation Score:-7, Nutrition Score:26.056956747304%

Nutrients (% of daily need)

Calories: 599.97kcal (30%), Fat: 15.65g (24.07%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 86.81g (28.94%), Net Carbohydrates: 83.23g (30.27%), Sugar: 11.16g (12.39%), Cholesterol: 109.83mg (36.61%), Sodium: 1451.09mg (63.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.97%), Selenium: 58.09µg (82.98%), Vitamin B1: 1.18mg (78.37%), Vitamin B2: 0.94mg (55.42%), Folate: 205.96µg (51.49%), Manganese: 0.86mg (42.82%), Vitamin B3: 7.72mg (38.59%), Phosphorus: 378.04mg (37.8%), Iron: 6.7mg (37.2%), Calcium: 327.89mg (32.79%), Zinc: 2.97mg (19.83%), Vitamin B12: 1.07µg (17.91%), Magnesium: 67.23mg (16.81%), Fiber: 3.57g (14.29%), Copper: 0.26mg (13.08%), Vitamin B6: 0.26mg (13.03%), Vitamin B5: 1.17mg (11.73%), Vitamin A: 507.34IU (10.15%), Potassium: 345.85mg (9.88%), Vitamin D: 1.32µg (8.81%), Vitamin E: 0.66mg (4.39%), Vitamin K: 2.04µg (1.94%)