

Blueberry Strata

 Vegetarian

READY IN



805 min.

SERVINGS



25

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blueberries fresh divided
- 0.3 cup brown sugar packed
- 8 oz philadelphia cream cheese cut into small cubes
- 8 eggs
- 2 tsp ground cinnamon
- 2.5 cups milk
- 1 cup pancake syrup divided
- 12 slices bread white firm cut into 1/2-inch cubes (8 cups)

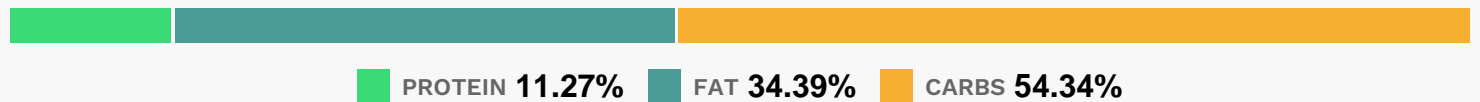
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Spread half the bread cubes onto bottom of 13x9-inch baking dish sprayed with cooking spray; cover with 1 cup blueberries, cream cheese and remaining bread.
- Whisk eggs, milk and cinnamon in medium bowl until well blended.
- Add 1/3 cup syrup and sugar; mix well.
- Pour over bread. Refrigerate 12 hours or overnight.
- Heat oven to 350F.
- Bake strata, covered, 1 hour to 1 hour 5 min. or until center is set and top is lightly browned, uncovering after 30 min.
- Bring remaining syrup and blueberries to boil in saucepan, stirring constantly; simmer on medium-low heat 1 min., stirring constantly.
- Serve over individual servings of strata.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:5.35, Inflammation Score:-2, Nutrition Score:4.5573912962623%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Petunidin: 3.73mg, Petunidin: 3.73mg, Petunidin: 3.73mg, Petunidin: 3.73mg Delphinidin: 4.19mg, Delphinidin: 4.19mg, Delphinidin: 4.19mg, Delphinidin: 4.19mg Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg Peonidin: 2.4mg, Peonidin: 2.4mg, Peonidin: 2.4mg,

Peonidin: 2.4mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 151.84kcal (7.59%), Fat: 5.91g (9.1%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 20.35g (7.4%), Sugar: 5.53g (6.14%), Cholesterol: 64.97mg (21.66%), Sodium: 128.09mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Selenium: 8.48µg (12.12%), Vitamin B2: 0.15mg (9.04%), Manganese: 0.17mg (8.27%), Phosphorus: 78.69mg (7.87%), Calcium: 76.89mg (7.69%), Vitamin B1: 0.09mg (5.87%), Folate: 21.5µg (5.37%), Vitamin A: 252.21IU (5.04%), Vitamin B12: 0.28µg (4.62%), Vitamin B5: 0.44mg (4.44%), Iron: 0.74mg (4.09%), Vitamin D: 0.55µg (3.67%), Vitamin B3: 0.67mg (3.36%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (3.09%), Zinc: 0.46mg (3.07%), Potassium: 95.36mg (2.72%), Fiber: 0.67g (2.68%), Vitamin K: 2.68µg (2.55%), Magnesium: 9.96mg (2.49%), Vitamin E: 0.34mg (2.25%), Vitamin C: 1.16mg (1.4%)