



Brie and Egg Strata

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces round of président brie chopped
- ☐ 0.8 pound ciabatta bread toasted cut into 1-inch cubes,
- ☐ 1 cup egg substitute
- ☐ 2 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 1 teaspoon herbs de provence
- ☐ 3 cups milk 1% low-fat

- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1 teaspoon salt divided
- ☐ 1.5 cups yukon gold potatoes diced unpeeled (1 large)

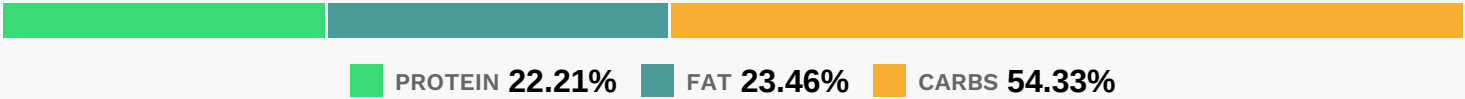
Equipment

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

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, potato, and bell pepper; saut 4 minutes or until tender. Stir in tomatoes; saut 2 minutes. Stir in 1/2 teaspoon salt.
- ☐ Combine onion mixture and bread.
- ☐ Place half of bread mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with half of Brie. Top with remaining bread mixture and remaining Brie.
- ☐ Place egg substitute and eggs in a medium bowl.
- ☐ Add remaining 1/2 teaspoon salt, herbes de Provence, and pepper.
- ☐ Add milk, stirring with a whisk until well blended.
- ☐ Pour egg mixture over bread mixture.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 50 minutes or until set.
- ☐ Sprinkle with parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.65, Glycemic Load:4.64, Inflammation Score:-7, Nutrition Score:10.402608705604%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 188.74kcal (9.44%), Fat: 4.96g (7.64%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 23.98g (8.72%), Sugar: 5.62g (6.24%), Cholesterol: 43.4mg (14.47%), Sodium: 471.18mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.15%), Vitamin C: 26.42mg (32.03%), Selenium: 13.67µg (19.53%), Vitamin B2: 0.28mg (16.33%), Vitamin A: 814.46IU (16.29%), Vitamin K: 15.43µg (14.7%), Phosphorus: 140.85mg (14.09%), Vitamin B6: 0.26mg (13.24%), Calcium: 125.59mg (12.56%), Potassium: 386.31mg (11.04%), Vitamin B12: 0.66µg (10.97%), Vitamin B5: 0.91mg (9.12%), Folate: 33.06µg (8.27%), Vitamin D: 1.18µg (7.89%), Vitamin B1: 0.12mg (7.72%), Fiber: 1.89g (7.56%), Zinc: 0.98mg (6.52%), Manganese: 0.13mg (6.48%), Magnesium: 25.89mg (6.47%), Iron: 1.12mg (6.2%), Vitamin E: 0.82mg (5.46%), Vitamin B3: 0.69mg (3.44%), Copper: 0.07mg (3.35%)