



WHATSheATE



Brie-and-Veggie Breakfast Strata

READY IN



42 min.

SERVINGS



10

CALORIES



369 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 oz round of président brie
- ☐ 2 tablespoons dijon mustard
- ☐ 8 large eggs
- ☐ 3 cups milk
- ☐ 2 tablespoons olive oil
- ☐ 4 oz parmesan shredded
- ☐ 1 teaspoon pepper
- ☐ 1 large bell pepper diced red
- ☐ 1 teaspoon lawry's seasoned salt

- ☐ 12 oz sourdough bread cubed
- ☐ 1 large onion sweet halved thinly sliced
- ☐ 1 large yukon gold potatoes diced peeled

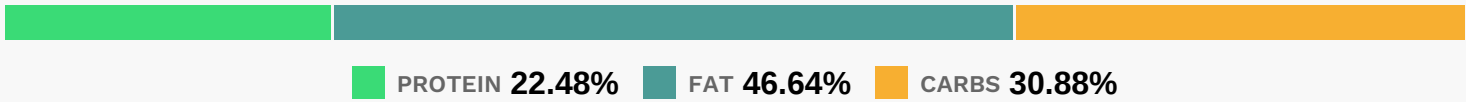
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Saut first 3 ingredients in hot oil 10 to 12 minutes or just until vegetables are tender and onion slices begin to turn golden.
- ☐ Trim and discard rind from Brie.
- ☐ Cut cheese into 1/2-inch cubes.
- ☐ Layer a lightly greased 13- x 9-inch baking dish with half each of bread cubes, onion mixture, Brie cubes, and Parmesan cheese.
- ☐ Whisk together eggs and next 4 ingredients; pour half of egg mixture evenly over cheeses. Repeat layers once. Cover and chill at least 8 hours or up to 24 hours.
- ☐ Bake at 350 for 45 to 50 minutes or until lightly browned on top and set in center.
- ☐ *2 cups (8 oz.) shredded Swiss cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:35.22, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:18.084782724795%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

4.96mg

Nutrients (% of daily need)

Calories: 368.88kcal (18.44%), Fat: 19.18g (29.51%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.63g (9.68%), Sugar: 7.96g (8.84%), Cholesterol: 187.97mg (62.66%), Sodium: 883.7mg (38.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.61%), Selenium: 30.5µg (43.58%), Vitamin B2: 0.61mg (36.06%), Phosphorus: 336.64mg (33.66%), Calcium: 318.88mg (31.89%), Vitamin C: 25.94mg (31.44%), Vitamin B1: 0.36mg (24.05%), Folate: 94.3µg (23.58%), Vitamin A: 1074.79IU (21.5%), Vitamin B12: 1.26µg (21.03%), Vitamin B6: 0.36mg (17.81%), Manganese: 0.31mg (15.53%), Zinc: 2.18mg (14.51%), Iron: 2.61mg (14.5%), Vitamin B5: 1.35mg (13.54%), Vitamin D: 1.78µg (11.84%), Potassium: 402.51mg (11.5%), Vitamin B3: 2.27mg (11.33%), Magnesium: 44.64mg (11.16%), Vitamin E: 1.29mg (8.6%), Fiber: 1.94g (7.78%), Copper: 0.13mg (6.7%), Vitamin K: 4.58µg (4.36%)