



Brie Strata with Apricot-Papaya Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all-natural apricot nectar
- ☐ 8 cups cubes bread french 1-inch
- ☐ 15 ounce round brie
- ☐ 2 tablespoons brown sugar
- ☐ 0.8 cup apricots dried quartered
- ☐ 3 egg whites lightly beaten
- ☐ 2 eggs lightly beaten
- ☐ 1 tablespoon honey

- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups papaya diced peeled
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce evaporated skimmed milk canned

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine the nectar and apricots in a microwave-safe bowl. Microwave at high 2 minutes or until mixture boils; cover and let stand 30 minutes or until apricots soften.
- ☐ Drain apricots, reserving 2 tablespoons nectar; discard remaining nectar.
- ☐ Combine apricots, reserved nectar, papaya, honey, and lime juice; stir gently, and set salsa aside.
- ☐ Remove rind from Brie, and discard.
- ☐ Cut Brie into small pieces.
- ☐ Arrange half of bread cubes in the bottom of a 9-inch square baking dish coated with cooking spray. Top with half of Brie, and sprinkle with half of brown sugar. Repeat procedure with remaining bread, Brie, and brown sugar.
- ☐ Preheat oven to 35
- ☐ Combine milk, salt, egg whites, and eggs; stir well.
- ☐ Pour over bread; press firmly with back of spoon to moisten all bread cubes. Cover; chill 30 minutes.
- ☐ Bake at 350 for 35 minutes or until a knife inserted near center comes out clean.
- ☐ Serve warm with salsa.

Nutrition Facts



 **PROTEIN 17.46%**  **FAT 20.77%**  **CARBS 61.77%**

Properties

Glycemic Index:31.69, Glycemic Load:89.48, Inflammation Score:-9, Nutrition Score:35.979564894801%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 834.61kcal (41.73%), Fat: 19.42g (29.87%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 129.96g (43.32%), Net Carbohydrates: 123.98g (45.08%), Sugar: 28.26g (31.4%), Cholesterol: 84.76mg (28.25%), Sodium: 1680.46mg (73.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.47%), Vitamin B1: 1.58mg (105.17%), Selenium: 73.23µg (104.62%), Folate: 308.25µg (77.06%), Vitamin B2: 1.3mg (76.68%), Manganese: 1.17mg (58.69%), Vitamin B3: 10.82mg (54.1%), Iron: 9.06mg (50.35%), Phosphorus: 383.58mg (38.36%), Vitamin C: 27.85mg (33.76%), Vitamin A: 1463.47IU (29.27%), Calcium: 270.24mg (27.02%), Zinc: 3.69mg (24.63%), Fiber: 5.99g (23.94%), Magnesium: 95.37mg (23.84%), Vitamin B6: 0.41mg (20.75%), Copper: 0.4mg (19.89%), Vitamin B12: 1.09µg (18.25%), Potassium: 618.49mg (17.67%), Vitamin B5: 1.48mg (14.82%), Vitamin E: 1.34mg (8.92%), Vitamin D: 0.85µg (5.65%), Vitamin K: 4.08µg (3.88%)