



56%
HEALTH SCORE

Broccoli, Mushroom, and Cheese Breakfast Strata

READY IN



85 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups baguette whole wheat cubed
- 10 ounces broccoli frozen cooled thawed steamed chopped (or ,)
- 1 tablespoon dijon mustard
- 8 eggs and egg whites
- 1 tablespoon thyme leaves fresh minced
- 3 garlic cloves minced
- 2 cups lowfat milk
- 8 ounces mushrooms sliced

- 4 teaspoons olive oil
- 2 cups onion diced
- 0.3 cup parmesan grated
- 1 cup part-skim mozzarella cheese
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 0.5 cup sun-dried tomatoes thinly sliced

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- baking pan

Directions

- Heat 2 teaspoons of the oil in a nonstick skillet over medium heat.
- Add the onions and saute until translucent and beginning to brown, about 4 minutes.
- Add the garlic and continue to cook for another 1 minute.
- Transfer the onion mixture to a medium bowl and allow to cool.
- Heat remaining 2 teaspoons of oil in the skillet and saute the mushrooms until they release all of their water, about 6 to 7 minutes.
- Remove from heat and cool completely. Spray an oval baking dish with cooking spray. Arrange the bread cubes in the dish. In a large bowl, beat the eggs, egg whites, milk and mustard until incorporated.
- Add mushrooms, onion-garlic mixture, broccoli, Parmesan and mozzarella cheeses, sun-dried tomatoes, thyme, and salt and pepper and stir to incorporate.
- Pour mixture over bread, making sure liquid saturates bread. Cover with plastic wrap and refrigerate overnight, or at least 8 hours. Preheat the oven to 350 degrees F.

Remove the plastic wrap from strata and bake for 55 to 60 minutes, or until top forms a light brown crust.

Nutrition Facts



PROTEIN 20.08% **FAT 17.16%** **CARBS 62.76%**

Properties

Glycemic Index:44.84, Glycemic Load:51.39, Inflammation Score:-9, Nutrition Score:30.96260881424%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 549.56kcal (27.48%), Fat: 10.51g (16.17%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 86.54g (28.85%), Net Carbohydrates: 80.45g (29.25%), Sugar: 15.75g (17.5%), Cholesterol: 14.74mg (4.91%), Sodium: 1328.41mg (57.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Vitamin B1: 1.01mg (67.25%), Selenium: 40.53µg (57.9%), Vitamin B2: 0.95mg (55.99%), Manganese: 1.02mg (50.88%), Folate: 202.15µg (50.54%), Vitamin C: 39.62mg (48.02%), Vitamin B3: 8.79mg (43.96%), Vitamin K: 45.51µg (43.34%), Calcium: 432.21mg (43.22%), Phosphorus: 388.2mg (38.82%), Iron: 6.53mg (36.26%), Fiber: 6.09g (24.38%), Potassium: 852.37mg (24.35%), Copper: 0.42mg (21.17%), Magnesium: 84.01mg (21%), Vitamin B6: 0.39mg (19.26%), Vitamin B5: 1.7mg (16.97%), Zinc: 2.47mg (16.48%), Vitamin A: 540.87IU (10.82%), Vitamin B12: 0.56µg (9.38%), Vitamin E: 1.05mg (7.03%), Vitamin D: 0.77µg (5.12%)