



## Caramelized Onion and Canadian Bacon Strata

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 0.8 cup canadian bacon chopped
- 4 large egg whites
- 2 large eggs
- 2 cups milk 1% low-fat
- 1.5 cups onion vertically sliced
- 1.3 cups bell pepper red finely chopped
- 0.3 teaspoon salt

- 6 cups sourdough bread cubed (1-inch) ( 12 ounces)
- 1.5 tablespoons spicy brown mustard
- 4 ounces swiss cheese shredded

## Equipment

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

## Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion, and saut 4 minutes. Reduce heat; cook 10 minutes or until golden brown, stirring occasionally.
- Add bell pepper; cook for 1 minute.
- Remove from heat; stir in bacon.
- Arrange 3 cups bread in an 11 x 7-inch baking dish coated with cooking spray; top with half of onion mixture. Repeat layer with remaining bread and onion mixture.
- Combine milk and next 5 ingredients (milk through eggs) in a medium bowl; stir well with a whisk.
- Pour egg mixture over bread mixture, and top with the cheese. Cover and refrigerate at least 8 hours or overnight.
- Preheat oven to 37
- Let the casserole stand 30 minutes at room temperature. Uncover and bake at 375 for 40 minutes or until golden brown.
- Let stand 5 minutes before serving.

## Nutrition Facts



■ PROTEIN 29.86% ■ FAT 35.84% ■ CARBS 34.3%

## Properties

Glycemic Index:46.75, Glycemic Load:12.54, Inflammation Score:-8, Nutrition Score:19.839999862339%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

## Nutrients (% of daily need)

Calories: 299.05kcal (14.95%), Fat: 11.91g (18.33%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 23.48g (8.54%), Sugar: 8.55g (9.5%), Cholesterol: 100.09mg (33.36%), Sodium: 708.18mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Vitamin C: 45.36mg (54.98%), Selenium: 33.78µg (48.26%), Phosphorus: 351.67mg (35.17%), Vitamin B1: 0.52mg (34.59%), Vitamin B2: 0.55mg (32.5%), Calcium: 309.64mg (30.96%), Vitamin A: 1462.51IU (29.25%), Vitamin B12: 1.42µg (23.64%), Vitamin B6: 0.38mg (19.12%), Vitamin B3: 3.72mg (18.61%), Folate: 70.74µg (17.69%), Zinc: 2.26mg (15.1%), Manganese: 0.28mg (13.96%), Vitamin D: 2.03µg (13.51%), Potassium: 467.07mg (13.34%), Magnesium: 44.02mg (11%), Vitamin B5: 1.08mg (10.77%), Iron: 1.92mg (10.69%), Fiber: 2.17g (8.69%), Vitamin E: 0.99mg (6.6%), Copper: 0.11mg (5.39%), Vitamin K: 2.62µg (2.5%)