



## Caramelized Onion, Swiss Chard, and Fontina Cheese Strata

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.1 teaspoon pepper red crushed
- 1 cup egg substitute
- 1.3 cups milk fat-free
- 4 ounces fontina shredded
- 12 ounces bread french cut into (1/2-inch) cubes ( 10 cups)
- 1 Dash ground nutmeg
- 0.5 teaspoon salt divided

- 1 pound swiss chard coarsely chopped
- 3 cups vidalia sweet thinly sliced
- 0.8 cup water-packed tofu firm crumbled drained

## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion; cook 12 minutes or until browned, stirring frequently.
- Add chard; cook 5 minutes or until chard wilts, stirring frequently.
- Remove from heat; stir in 1/4 teaspoon salt. Cool.
- Combine remaining 1/4 teaspoon salt, milk, and next 5 ingredients (through bread) in a large bowl; toss well to coat.
- Place half of bread mixture in an 11 x 7-inch baking dish coated with cooking spray. Top evenly with tofu, half of chard mixture, and 1/2 cup cheese. Top evenly with remaining bread mixture, remaining chard mixture, and remaining 1/2 cup cheese. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.
- Preheat oven to 35
- Remove strata from refrigerator; let stand at room temperature 15 minutes.
- Bake strata, covered, at 350 for 30 minutes. Uncover and bake an additional 15 minutes or until set.
- Let stand 10 minutes before serving.

## Nutrition Facts



■ PROTEIN 25.53% ■ FAT 23.77% ■ CARBS 50.7%

## Properties

Glycemic Index:36.22, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:23.139565011729%

## Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

## Nutrients (% of daily need)

Calories: 249.49kcal (12.47%), Fat: 6.71g (10.32%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 29.57g (10.75%), Sugar: 8.59g (9.54%), Cholesterol: 17.67mg (5.89%), Sodium: 718.22mg (31.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Vitamin K: 471.64µg (449.18%), Vitamin A: 3758.26IU (75.17%), Selenium: 28.25µg (40.35%), Vitamin B1: 0.41mg (27.44%), Vitamin B2: 0.44mg (26.08%), Manganese: 0.49mg (24.67%), Calcium: 246.55mg (24.66%), Vitamin C: 20.04mg (24.3%), Iron: 3.76mg (20.9%), Phosphorus: 201.73mg (20.17%), Folate: 80.62µg (20.16%), Magnesium: 76.7mg (19.18%), Potassium: 479.11mg (13.69%), Vitamin B6: 0.26mg (12.8%), Vitamin B3: 2.47mg (12.37%), Zinc: 1.7mg (11.36%), Vitamin E: 1.7mg (11.34%), Copper: 0.21mg (10.66%), Fiber: 2.62g (10.49%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.58µg (9.62%), Vitamin D: 1.01µg (6.76%)