



Cheddar, Bacon, and Tomato Strata

READY IN



45 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 2 cups milk fat-free
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 14 ounces bread italian cubed

- ☐ 1 cup onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 3 large tomatoes seeded cut into 4 (1/2-inch-thick) slices

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, and crumble.
- ☐ Add onion to drippings in pan; saut 4 minutes.
- ☐ Add garlic, and saut 1 minute.
- ☐ Remove from heat; combine onion mixture and bacon.
- ☐ Arrange 4 cups bread cubes in bottom of a 13 x 9-inch baking dish coated with cooking spray; top with 2/3 cup cheese, half of onion mixture, and 6 tomato slices.
- ☐ Combine milk and remaining ingredients; stir well with a whisk.
- ☐ Pour half of milk mixture over tomatoes. Top with 4 cups bread cubes, 2/3 cup cheese, remaining onion mixture, 6 tomato slices, and half of milk mixture. Cover; chill at least 1 hour or up to 24 hours.
- ☐ Preheat oven to 32
- ☐ Bake, uncovered, at 325 for 55 minutes.
- ☐ Sprinkle with 2/3 cup cheese; bake an additional 5 minutes or until cheese melts.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



 PROTEIN **14.57%**  FAT **57.87%**  CARBS **27.56%**

Properties

Glycemic Index:32.16, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:13.760434751925%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 502.79kcal (25.14%), Fat: 32.45g (49.92%), Saturated Fat: 16.71g (104.45%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 31.82g (11.57%), Sugar: 21.33g (23.7%), Cholesterol: 105.38mg (35.13%), Sodium: 573.43mg (24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Calcium: 308.08mg (30.81%), Phosphorus: 288.5mg (28.85%), Selenium: 19.35µg (27.64%), Vitamin B2: 0.42mg (24.51%), Vitamin A: 1123.4IU (22.47%), Vitamin B3: 3.12mg (15.61%), Folate: 62.41µg (15.6%), Vitamin B12: 0.88µg (14.58%), Potassium: 491.43mg (14.04%), Vitamin C: 11.21mg (13.59%), Zinc: 1.93mg (12.84%), Vitamin B1: 0.18mg (11.95%), Fiber: 2.95g (11.8%), Vitamin B6: 0.2mg (9.95%), Iron: 1.77mg (9.82%), Magnesium: 38.39mg (9.6%), Vitamin K: 9.97µg (9.5%), Vitamin D: 1.25µg (8.35%), Vitamin B5: 0.78mg (7.85%), Manganese: 0.15mg (7.38%), Vitamin E: 0.83mg (5.51%), Copper: 0.08mg (4.24%)