



Cheddar-Bacon-Asparagus Strata

READY IN



585 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh trimmed
- 1 pound bacon
- 1 pound bread sliced
- 8 eggs
- 2 cups milk
- 0.3 teaspoon ground mustard dry
- 0.3 cup onion diced
- 0.1 teaspoon pepper
- 0.5 bell pepper diced red

- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

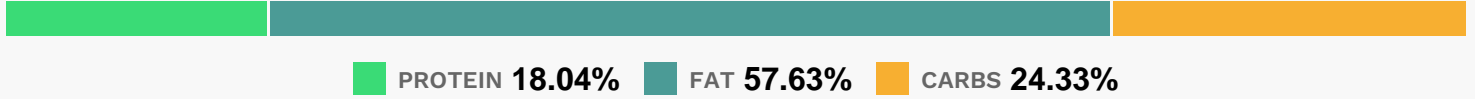
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- knife
- whisk
- baking pan

Directions

- Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Cover and bring the water to a boil.
- Add the asparagus, cover, and steam until bright green but still crunchy, about 5 minutes.
- Remove asparagus and set aside.
- In a large bowl, whisk together eggs, milk, dry mustard, salt, and pepper until smooth and well combined.
- Grease a 9x13-inch baking dish.
- Layer the bread slices into the bottom of the dish, cutting and fitting extra slices as needed to fill spaces.
- Sprinkle 1 cup of Cheddar cheese over the bread, followed by the diced onion. Arrange asparagus spears and red bell pepper in a layer over the onion.
- Sprinkle crumbled bacon over the red bell pepper; top with another layer of bread slices, cutting and filling in spaces as before.

- Pour the egg-milk mixture evenly over the casserole, and refrigerate overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake the casserole for 50 minutes; sprinkle 1 cup shredded Cheddar cheese over the top of the casserole, return to the oven, and bake until the cheese is melted and bubbling and a knife inserted into the center of the casserole comes out clean, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:24.147391402203%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 564.61kcal (28.23%), Fat: 36.13g (55.58%), Saturated Fat: 13.19g (82.43%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 30.61g (11.13%), Sugar: 7.99g (8.87%), Cholesterol: 222.55mg (74.18%), Sodium: 968.56mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.91%), Selenium: 47.86µg (68.37%), Manganese: 0.81mg (40.43%), Phosphorus: 401.64mg (40.16%), Vitamin B2: 0.62mg (36.72%), Vitamin B1: 0.53mg (35.55%), Vitamin B3: 6.19mg (30.95%), Calcium: 288.92mg (28.89%), Folate: 105.8µg (26.45%), Vitamin K: 27.46µg (26.15%), Iron: 4.33mg (24.07%), Vitamin A: 1161.87IU (23.24%), Vitamin B6: 0.42mg (20.75%), Zinc: 2.93mg (19.55%), Vitamin B5: 1.93mg (19.26%), Vitamin B12: 1.15µg (19.24%), Vitamin C: 13.18mg (15.98%), Fiber: 3.72g (14.86%), Potassium: 493.74mg (14.11%), Magnesium: 56.08mg (14.02%), Copper: 0.26mg (12.8%), Vitamin D: 1.86µg (12.42%), Vitamin E: 1.71mg (11.42%)