



## Cheddar, Ham and Spinach Strata

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups cheddar low-fat grated
- 1 tablespoon dijon mustard
- 10 large eggs
- 3 cups half-and-half
- 6 ounces ham chopped
- 1 onion finely chopped
- 1.5 teaspoons salt
- 10 oz pkt spinach frozen dry thawed chopped

3 tablespoons butter unsalted plus more for greasing pan

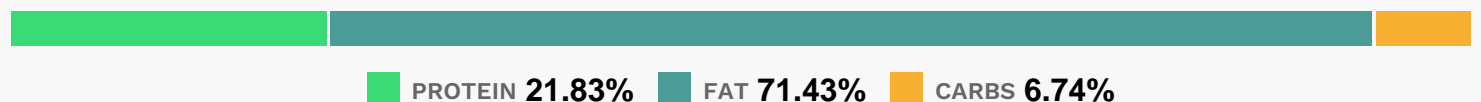
## Equipment

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

## Directions

- Melt butter in a large skillet over medium heat.
- Add onion and cook until softened, about 3 minutes. Stir in spinach and 1/2 tsp. salt and heat through. Stir in ham; let cool.
- Set aside 1 cup cheese, cover and refrigerate. Butter a 9-by-13-inch baking dish. Cover bottom with a layer of bread. Cover bread with half of spinach mixture, then half of remaining cheese. Repeat with remaining bread, spinach and cheese.
- Whisk together eggs, mustard, remaining salt and half-and-half in a bowl.
- Pour over strata. Press down with a spatula. Cover and refrigerate at least 6 hours or overnight.
- Uncover strata and bring to room temperature. Preheat oven to 350F.
- Sprinkle with reserved cheese and bake until set in center, 50 to 60 minutes.
- Let stand 5 minutes, cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:27.19043464246%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## **Nutrients (% of daily need)**

Calories: 487.38kcal (24.37%), Fat: 38.89g (59.83%), Saturated Fat: 20.47g (127.91%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.96g (5.51%), Cholesterol: 331.11mg (110.37%), Sodium: 1157.62mg (50.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.47%), Vitamin K: 134.66µg (128.25%), Vitamin A: 5371.49IU (107.43%), Selenium: 41.8µg (59.71%), Calcium: 484.77mg (48.48%), Phosphorus: 474.18mg (47.42%), Vitamin B2: 0.78mg (45.98%), Folate: 95.92µg (23.98%), Zinc: 3.45mg (22.99%), Vitamin B12: 1.32µg (22.05%), Vitamin B6: 0.34mg (17.03%), Vitamin E: 2.44mg (16.24%), Vitamin B1: 0.24mg (15.72%), Vitamin B5: 1.55mg (15.54%), Magnesium: 61.03mg (15.26%), Manganese: 0.3mg (15.1%), Potassium: 446.33mg (12.75%), Iron: 2.13mg (11.81%), Vitamin D: 1.73µg (11.55%), Copper: 0.14mg (7.19%), Vitamin B3: 1.32mg (6.62%), Fiber: 1.34g (5.37%), Vitamin C: 3.79mg (4.59%)