



 **77%**
HEALTH SCORE

Cheddar Strata with Grilled Onions

 Vegetarian  Very Healthy

READY IN



83 min.

SERVINGS



1

CALORIES



2001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 4 eggs
- 1.5 cups milk
- 2 medium onion sliced
- 8 slices cocktail rye bread
- 6 ounces cheddar cheese shredded
- 1 cup tomatoes seeded coarsely chopped
- 1 teaspoon vegetable oil

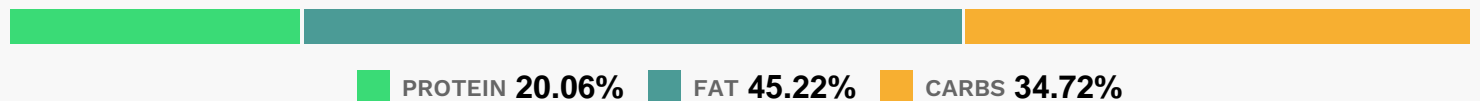
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 300F. Spray square baking dish, 8x8x2 inches, with cooking spray.
- Heat oil in 10-inch nonstick skillet over medium-high heat. Cook onions in oil 6 to 8 minutes, stirring frequently, until golden brown; remove from heat.
- Trim crusts from bread.
- Spread mustard on 1 side of each bread slice. Arrange 4 slices, mustard sides up, in baking dish.
- Layer 1 cup of the cheese, the tomato and onions on bread.
- Place remaining bread, mustard sides down, on onions. Beat milk and eggs until well blended.
- Pour evenly over bread.
- Bake uncovered about 1 hour or until center is set and bread is golden brown.
- Sprinkle with remaining 1/2 cup cheese.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:214.33, Glycemic Load:70.71, Inflammation Score:-10, Nutrition Score:71.520869959956%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 45.52mg, Quercetin: 45.52mg, Quercetin: 45.52mg, Quercetin: 45.52mg

Nutrients (% of daily need)

Calories: 2001.22kcal (100.06%), Fat: 100.76g (155.02%), Saturated Fat: 47.47g (296.71%), Carbohydrates: 174.09g (58.03%), Net Carbohydrates: 152.43g (55.43%), Sugar: 42.35g (47.05%), Cholesterol: 868.74mg (289.58%), Sodium: 3391.37mg (147.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.58g (201.16%), Selenium: 199.53µg (285.04%), Calcium: 2022.61mg (202.26%), Phosphorus: 1949.15mg (194.91%), Vitamin B2: 3.02mg (177.92%), Manganese: 2.77mg (138.46%), Folate: 466.29µg (116.57%), Vitamin B1: 1.65mg (109.92%), Zinc: 13.75mg (91.68%), Vitamin A: 4532.48IU (90.65%), Vitamin B12: 5.35µg (89.1%), Fiber: 21.67g (86.66%), Magnesium: 266.16mg (66.54%), Iron: 11.94mg (66.33%), Vitamin B5: 6.39mg (63.85%), Vitamin B6: 1.24mg (61.79%), Potassium: 2067.15mg (59.06%), Vitamin B3: 11.64mg (58.21%), Vitamin D: 8.57µg (57.11%), Vitamin C: 37.84mg (45.86%), Copper: 0.86mg (42.93%), Vitamin E: 5.47mg (36.49%), Vitamin K: 30.16µg (28.72%)