



## Cheddar Strata with Grilled Onions

 Vegetarian  Very Healthy

READY IN



83 min.

SERVINGS



3

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

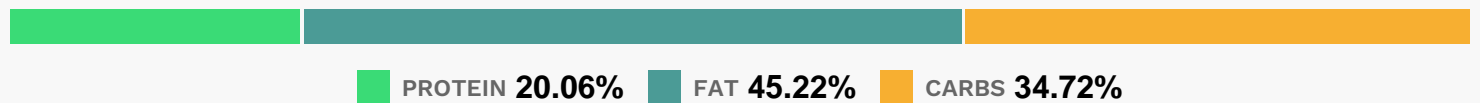
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 300°F. 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:71.44, Glycemic Load:23.57, Inflammation Score:-9, Nutrition Score:31.45043505793%

## Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg

## Nutrients (% of daily need)

Calories: 667.07kcal (33.35%), Fat: 33.59g (51.67%), Saturated Fat: 15.82g (98.9%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 50.81g (18.48%), Sugar: 14.12g (15.68%), Cholesterol: 289.58mg (96.53%), Sodium: 1130.46mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.05%), Selenium: 66.51µg (95.01%), Calcium: 674.2mg (67.42%), Phosphorus: 649.72mg (64.97%), Vitamin B2: 1.01mg (59.31%), Manganese: 0.92mg (46.15%), Folate: 155.43µg (38.86%), Vitamin B1: 0.55mg (36.64%), Zinc: 4.58mg (30.56%), Vitamin A: 1510.83IU (30.22%), Vitamin B12: 1.78µg (29.7%), Fiber: 7.22g (28.89%), Magnesium: 88.72mg (22.18%), Iron: 3.98mg (22.11%), Vitamin B5: 2.13mg (21.28%), Vitamin B6: 0.41mg (20.6%), Potassium: 689.05mg (19.69%), Vitamin B3: 3.88mg (19.4%), Vitamin D: 2.86µg (19.04%), Vitamin C: 12.61mg (15.29%), Copper: 0.29mg (14.31%), Vitamin E: 1.82mg (12.16%), Vitamin K: 10.05µg (9.57%)