



Cheddar, Vegetable and Sausage Strata

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 5 large eggs
- ☐ 9 slices bread french 1-inch-thick (each 3x5 inches)
- ☐ 6 servings parsley fresh chopped
- ☐ 0.5 bell pepper green cut into 2 x 1/4-inch strips
- ☐ 1.5 cups half and half
- ☐ 2 tablespoons onion minced

- ☐ 0.5 teaspoon salt
- ☐ 6 ounces sausage smoked cut into 1/2-inch cubes (such as kielbasa)

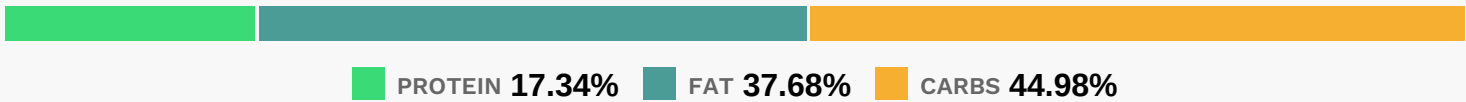
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Butter 13 x 9 x 2-inch glass baking dish. Fit 8 bread slices in prepared dish.
- ☐ Cut remaining bread slice into 1-inch cubes; fit cubes into any empty spaces.
- ☐ Whisk eggs, mustard, basil and salt in medium bowl to blend; whisk in half and half. Ladle custard over bread. Cover; chill at least 2 hours or overnight.
- ☐ Preheat oven to 350°F.
- ☐ Sprinkle mixture in dish with black pepper. Top with half of cheese, then bell pepper, tomatoes, sausage, onion and remaining cheese. Cover loosely with foil.
- ☐ Bake 20 minutes.
- ☐ Remove foil.
- ☐ Bake until strata is set and springy to touch, about 20 minutes longer. Cool 5 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:38.55, Inflammation Score:-8, Nutrition Score:25.474782301032%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 498.59kcal (24.93%), Fat: 20.91g (32.16%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 53.27g (19.37%), Sugar: 8.57g (9.53%), Cholesterol: 196.3mg (65.43%), Sodium: 1124.82mg (48.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin K: 71.99µg (68.56%), Selenium: 46.42µg (66.31%), Vitamin B1: 0.82mg (54.52%), Vitamin B2: 0.79mg (46.2%), Folate: 154.42µg (38.6%), Iron: 5.54mg (30.77%), Manganese: 0.61mg (30.68%), Vitamin B3: 5.98mg (29.91%), Phosphorus: 289.64mg (28.96%), Vitamin C: 23.78mg (28.82%), Vitamin A: 1022.54IU (20.45%), Zinc: 2.51mg (16.72%), Vitamin B6: 0.32mg (15.91%), Calcium: 156.3mg (15.63%), Vitamin B12: 0.91µg (15.23%), Vitamin B5: 1.35mg (13.48%), Magnesium: 53.91mg (13.48%), Potassium: 445.96mg (12.74%), Copper: 0.25mg (12.42%), Fiber: 2.87g (11.46%), Vitamin D: 1.15µg (7.63%), Vitamin E: 1.12mg (7.44%)