



## Cheese and Leek Strata

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 eggs beaten
- 1 cup milk
- 0.3 cup porter
- 1 garlic clove minced
- 0.1 teaspoon salt
- 0.1 teaspoon pepper
- 0.5 loaf sourdough bread cut into ½- inch pieces
- 1 leek coarsely chopped

- 0.5 bell pepper red chopped
- 0.8 cup cheddar cheese shredded
- 0.8 cup swiss cheese shredded
- 6 servings salt and pepper

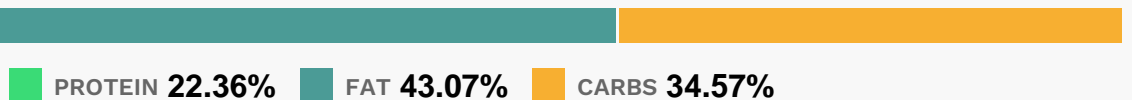
## Equipment

- bowl
- oven
- plastic wrap
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F
- Combine eggs, milk, beer, garlic, salt & pepper in a large bowl and beat well until blended
- Place 1/2 of the bread cubes on bottom of greased 2.5-quart round baking dish
- Sprinkle half the leeks and half the bell pepper over bread pieces
- Top with half the Swiss cheese and half the cheddar cheese
- Repeat layers with remaining ingredients, ending with cheddar cheese
- Pour egg mixture evenly over top
- Cover tightly with foil or plastic wrap and weigh top of the strata down with a slightly smaller baking dish
- Refrigerate strata at least 2 hours or overnight
- Bake, uncovered, 40 minutes or until center is set
- Serve warm

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:16.74, Inflammation Score:-7, Nutrition Score:15.025652173913%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Taste

Sweetness: 57.84%, Saltiness: 100%, Sourness: 39.88%, Bitterness: 37.05%, Savoriness: 45.94%, Fattiness: 58.27%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 295.56kcal (14.78%), Fat: 14.07g (21.65%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.08g (8.76%), Sugar: 4.86g (5.4%), Cholesterol: 140.68mg (46.89%), Sodium: 647.41mg (28.15%), Protein: 16.43g (32.86%), Selenium: 28.87µg (41.24%), Calcium: 316.78mg (31.68%), Phosphorus: 289.57mg (28.96%), Vitamin B2: 0.47mg (27.53%), Vitamin B1: 0.32mg (21.56%), Vitamin A: 1035.9IU (20.72%), Folate: 78.48µg (19.62%), Vitamin C: 14.63mg (17.73%), Vitamin B12: 1.04µg (17.3%), Manganese: 0.31mg (15.32%), Zinc: 2.1mg (13.97%), Iron: 2.4mg (13.32%), Vitamin B3: 2.06mg (10.3%), Vitamin B6: 0.2mg (10.2%), Vitamin B5: 0.9mg (8.99%), Magnesium: 34.29mg (8.57%), Vitamin K: 8.54µg (8.13%), Vitamin D: 1.12µg (7.46%), Potassium: 216.34mg (6.18%), Vitamin E: 0.89mg (5.92%), Copper: 0.11mg (5.58%), Fiber: 1.33g (5.31%)