



## Cheesy Bacon and Tomato Strata

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

### Ingredients

- 3 slices bacon
- 0.3 teaspoon thyme leaves dried
- 3 large egg whites
- 3 large eggs
- 1 cup milk fat-free
- 0.3 cup basil fresh thinly sliced
- 2 garlic cloves minced
- 1 ounce multi-grain bread cut into 1/2-inch cubes reduced-carb
- 0.5 cup onion coarsely chopped

- 0.3 teaspoon pepper
- 4 plum tomatoes sliced into 1/2-inch-thick slices
- 0.3 teaspoon salt
- 8 ounces sharp cheddar cheese shredded divided reduced-fat

## Equipment

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

## Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble, and set aside.
- Add onion to drippings in pan; saut 4 minutes.
- Add garlic, and saut 1 minute.
- Remove from heat.
- Combine milk and next 6 ingredients in a large bowl; stir well with a whisk.
- Add bread cubes to milk mixture, tossing to coat bread cubes.
- Arrange half of bread cubes in bottom of an 11 x 7-inch baking dish coated with cooking spray. Top with 2/3 cup cheese and half of onion mixture.
- Add remaining bread cubes, 2/3 cup cheese, and remaining onion mixture. Top with tomato slices and crumbled bacon. Cover and chill at least 8 hours.
- Preheat oven to 32
- Bake, uncovered, at 325 for 55 minutes.
- Sprinkle with remaining cheese; bake an additional 5 minutes or until cheese melts.
- Let stand 5 minutes before serving.
- carbo rating: 35

# Nutrition Facts

PROTEIN 24.89% FAT 62.92% CARBS 12.19%

## Properties

Glycemic Index:40.87, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:9.5769565623739%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 213.84kcal (10.69%), Fat: 14.95g (23%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.71g (2.07%), Sugar: 3.2g (3.56%), Cholesterol: 104.46mg (34.82%), Sodium: 390.5mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.62%), Selenium: 19.6µg (28%), Calcium: 267.41mg (26.74%), Phosphorus: 233.05mg (23.31%), Vitamin B2: 0.33mg (19.29%), Vitamin A: 750.54IU (15.01%), Vitamin B12: 0.7µg (11.62%), Zinc: 1.67mg (11.14%), Manganese: 0.17mg (8.35%), Vitamin B6: 0.15mg (7.35%), Vitamin K: 7.27µg (6.92%), Potassium: 238.6mg (6.82%), Vitamin B5: 0.65mg (6.54%), Vitamin C: 5.37mg (6.51%), Folate: 24.54µg (6.14%), Vitamin D: 0.92µg (6.1%), Magnesium: 23.91mg (5.98%), Vitamin B1: 0.09mg (5.87%), Vitamin E: 0.64mg (4.29%), Vitamin B3: 0.78mg (3.88%), Iron: 0.69mg (3.86%), Copper: 0.07mg (3.31%), Fiber: 0.81g (3.24%)