



Cheesy Broccoli and Roasted Bell Pepper Strata

READY IN



45 min.

SERVINGS



9

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 cups broccoli florets coarsely chopped 1 bunch
- ☐ 1 tablespoon dijon mustard
- ☐ 16 ounce cartons egg substitute
- ☐ 1 cup evaporated milk fat-free
- ☐ 5 garlic cloves minced
- ☐ 1.5 teaspoons fines herbes dried
- ☐ 1 teaspoon olive oil

- ☐ 1.5 cups onion chopped
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 14 ounce roasted bell peppers red drained
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 1 ounce bread white hearty

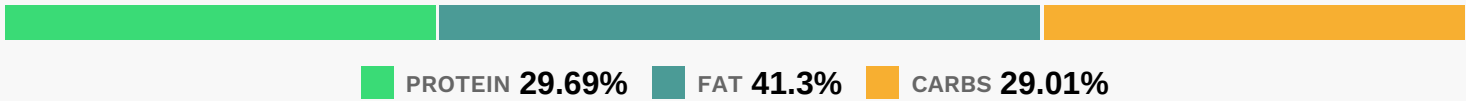
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add onion, fines herbes, black pepper, and salt; saut 5 minutes. Stir in garlic; remove from heat.
- ☐ Combine milk, mustard, and egg substitute. Stir in onion mixture. Steam broccoli, covered, 5 minutes. Slice bell pepper into strips.
- ☐ Arrange half of the bread slices in a single layer in a 13 x 9-inch baking dish coated with cooking spray. Spoon 2 cups broccoli and 1 cup bell pepper evenly over bread slices; sprinkle with 1/2 cup cheddar cheese. Repeat procedure with remaining bread, broccoli, and bell pepper. Top with Romano cheese.
- ☐ Pour milk mixture over bread mixture. Cover; chill 8 hours or overnight.
- ☐ Preheat oven to 32
- ☐ Uncover; bake at 325 for 45 minutes or until set.
- ☐ Sprinkle with 1/2 cup cheddar cheese; bake an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:17.767391308494%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 180.95kcal (9.05%), Fat: 8.57g (13.18%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.24g (4.09%), Sugar: 5.93g (6.59%), Cholesterol: 23.93mg (7.98%), Sodium: 1004.56mg (43.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.72%), Vitamin C: 59.95mg (72.67%), Vitamin K: 45.38µg (43.22%), Selenium: 28.91µg (41.3%), Calcium: 312.52mg (31.25%), Vitamin B2: 0.43mg (25.49%), Phosphorus: 235.29mg (23.53%), Vitamin A: 833.59IU (16.67%), Vitamin B6: 0.3mg (15.06%), Vitamin B5: 1.4mg (14.03%), Manganese: 0.28mg (13.89%), Folate: 55.02µg (13.76%), Potassium: 453.08mg (12.95%), Iron: 2.19mg (12.19%), Zinc: 1.66mg (11.08%), Vitamin B1: 0.15mg (10.3%), Magnesium: 38.4mg (9.6%), Fiber: 2.3g (9.21%), Vitamin E: 1.36mg (9.09%), Vitamin B12: 0.41µg (6.77%), Vitamin D: 0.93µg (6.22%), Copper: 0.12mg (6.09%), Vitamin B3: 0.86mg (4.28%)