



Chicken-Leek Strata

READY IN



318 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup leek sliced
- ☐ 8 slices bread french
- ☐ 1 cup roasted chicken cooked chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 4 eggs beaten
- ☐ 2 cups milk
- ☐ 0.5 teaspoon salt

☐ 0.3 teaspoon pepper

Equipment

☐ sauce pan

☐ oven

☐ knife

☐ baking pan

Directions

☐ Melt butter in 1-quart saucepan over medium heat. Cook leeks in butter about 3 minutes, stirring frequently, until softened; remove from heat.

☐ Cut enough bread into 1-inch cubes to measure 5 cups.

☐ Mix bread cubes, leeks, chicken and dill weed.

☐ Spread bread mixture in ungreased square baking dish, 8x8x2 inches.

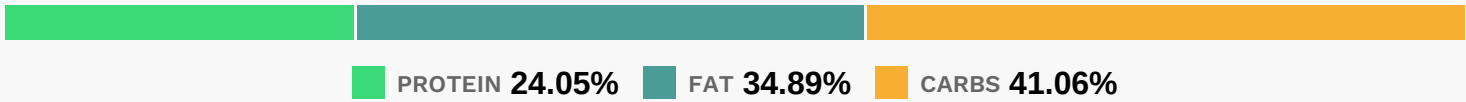
☐ Sprinkle with cheese.

☐ Mix remaining ingredients; pour over cheese. Cover tightly and refrigerate at least 4 hours but no longer than 24 hours.

☐ Heat oven to 325°F. Uncover and bake 50 to 55 minutes or until knife inserted in center comes out clean.

☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:36.41, Inflammation Score:-7, Nutrition Score:22.600000091221%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 501.28kcal (25.06%), Fat: 19.38g (29.81%), Saturated Fat: 8.67g (54.21%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 49.14g (17.87%), Sugar: 8.93g (9.92%), Cholesterol: 166.24mg (55.41%), Sodium: 1059.59mg (46.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.1%), Selenium: 47.27µg (67.54%), Vitamin B1: 0.7mg (46.55%), Vitamin B2: 0.76mg (44.56%), Phosphorus: 414.34mg (41.43%), Calcium: 364.61mg (36.46%), Folate: 132.19µg (33.05%), Vitamin B3: 6.16mg (30.8%), Manganese: 0.56mg (27.86%), Vitamin B12: 1.63µg (27.2%), Iron: 4.62mg (25.69%), Zinc: 3.08mg (20.52%), Vitamin A: 891.59IU (17.83%), Vitamin B6: 0.34mg (16.78%), Magnesium: 57.45mg (14.36%), Vitamin B5: 1.34mg (13.42%), Vitamin D: 1.63µg (10.88%), Potassium: 373.8mg (10.68%), Copper: 0.19mg (9.41%), Fiber: 2.17g (8.67%), Vitamin K: 8.91µg (8.48%), Vitamin E: 0.81mg (5.4%), Vitamin C: 1.84mg (2.23%)