



Crab and Roasted Red Pepper Strata

READY IN



45 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups unseasoned bread cubes french crustless
- ☐ 3 tablespoons butter
- ☐ 0.5 cup celery chopped
- ☐ 1 pound crab meat fresh
- ☐ 6 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 spring onion chopped

- ☐ 0.8 teaspoon pepper black
- ☐ 2 cups half and half
- ☐ 1 cup onion chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1 cup roasted peppers red drained chopped
- ☐ 1 teaspoon salt

Equipment

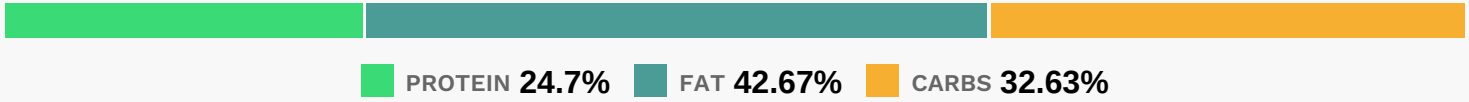
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ cake form

Directions

- ☐ Butter 10-inch-diameter cake pan with 2-inch-high sides.
- ☐ Whisk eggs and half and half in medium bowl to blend. Melt butter in heavy large skillet over medium-high heat.
- ☐ Add onion and celery; sauté until soft, about 5 minutes.
- ☐ Add peppers and garlic; sauté 2 minutes.
- ☐ Remove from heat. Stir in green onions, parsley and thyme.
- ☐ Transfer mixture to large bowl.
- ☐ Add crab and bread cubes and toss to combine.
- ☐ Add egg mixture, salt, and pepper; mix until well combined.
- ☐ Transfer to prepared baking dish.
- ☐ Let stand 30 minutes or cover and refrigerate overnight.
- ☐ Preheat oven to 350°F.

- ☐ Sprinkle strata with cheese.
- ☐ Bake until brown and puffed, about 1 hour. Cool on rack 30 minutes (center will fall). Using sharp knife, cut around edge to loosen.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:14.86, Inflammation Score:-8, Nutrition Score:26.348261024641%

Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 412.54kcal (20.63%), Fat: 19.52g (30.03%), Saturated Fat: 9.56g (59.76%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.48g (11.09%), Sugar: 6.87g (7.63%), Cholesterol: 201.21mg (67.07%), Sodium: 1509.45mg (65.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Vitamin B12: 5.64µg (94.08%), Selenium: 52.71µg (75.31%), Manganese: 0.81mg (40.29%), Phosphorus: 382.66mg (38.27%), Copper: 0.68mg (34.13%), Zinc: 5.06mg (33.73%), Vitamin B2: 0.5mg (29.24%), Vitamin K: 28.97µg (27.59%), Folate: 104.99µg (26.25%), Calcium: 258.87mg (25.89%), Vitamin B1: 0.31mg (20.54%), Vitamin C: 16.85mg (20.42%), Vitamin B3: 4.03mg (20.17%), Iron: 3.44mg (19.1%), Magnesium: 70.13mg (17.53%), Vitamin A: 863.49IU (17.27%), Vitamin B6: 0.31mg (15.75%), Vitamin B5: 1.49mg (14.92%), Fiber: 3.09g (12.37%), Potassium: 429.56mg (12.27%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.78µg (5.21%)