



HEALTH SCORE

64%

Crab and Spinach Strata



Very Healthy

READY IN



565 min.

SERVINGS



8

CALORIES



1546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 bread french (1/)
- ☐ 0.5 cup basil pesto
- ☐ 8 oz swiss cheese shredded finely
- ☐ 12 oz imitation crab refrigerated chunk-style
- ☐ 9 oz spinach frozen thawed
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 cup onion chopped
- ☐ 8 eggs

- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon salt

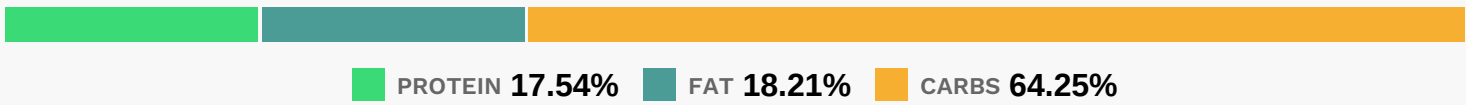
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Arrange bread slices in single layer in bottom of baking dish.
- ☐ Cut remaining bread into cubes to fill in empty spaces.
- ☐ Spread pesto over bread.
- ☐ Sprinkle with 1 cup of the cheese.
- ☐ Layer imitation crabmeat, spinach, bell pepper, onion and remaining 1 cup cheese over bread.
- ☐ In large bowl, beat eggs, milk and salt until well blended.
- ☐ Pour over mixture in baking dish. Cover; refrigerate 8 hours or overnight.
- ☐ Heat oven to 350°F.
- ☐ Bake uncovered 45 to 55 minutes or until set and knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:181.4, Inflammation Score:-10, Nutrition Score:60.660869639853%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 1545.96kcal (77.3%), Fat: 31.31g (48.17%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 248.54g (82.85%), Net Carbohydrates: 236.43g (85.98%), Sugar: 26.47g (29.41%), Cholesterol: 201.45mg (67.15%), Sodium: 3395.31mg (147.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.83g (135.67%), Selenium: 153.59µg (219.42%), Vitamin B1: 3.29mg (219.07%), Folate: 633.44µg (158.36%), Vitamin B2: 2.36mg (138.92%), Manganese: 2.63mg (131.61%), Vitamin K: 123.41µg (117.53%), Vitamin B3: 22.14mg (110.72%), Iron: 19.2mg (106.65%), Vitamin A: 5182.64IU (103.65%), Phosphorus: 791.92mg (79.19%), Calcium: 637.01mg (63.7%), Fiber: 12.1g (48.41%), Magnesium: 191.28mg (47.82%), Zinc: 6.92mg (46.11%), Copper: 0.78mg (39.13%), Vitamin B6: 0.73mg (36.26%), Vitamin C: 26.33mg (31.92%), Vitamin B5: 2.57mg (25.71%), Vitamin B12: 1.49µg (24.91%), Potassium: 840.25mg (24.01%), Vitamin E: 2.82mg (18.81%), Vitamin D: 1.38µg (9.22%)