

Crab Strata

READY IN



180 min.

SERVINGS



6

CALORIES



948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups firm-textured bread cubed
- 12 ounce crab meat flaked drained canned
- 0.3 cup capers
- 1 tablespoon dijon mustard
- 0.3 cup cooking sherry dry
- 6 eggs lightly beaten
- 3 green onions chopped
- 1.3 cups milk
- 1 cup cheddar cheese shredded

- 4 cups swiss cheese shredded
- 0.5 teaspoon worcestershire sauce

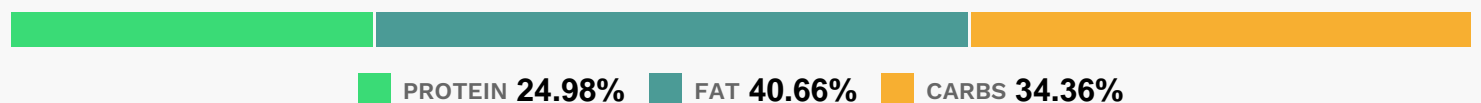
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Grease a 2-quart baking dish. Toss together the bread cubes, crabmeat, Swiss cheese, Cheddar cheese, capers, and green onions in the baking dish.
- Mix together eggs, milk, sherry, mustard, and Worcestershire sauce in a bowl.
- Pour evenly over bread mixture. Cover tightly and refrigerate at least 2 hours, but no longer than 24 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake strata uncovered until knife inserted in the center comes out clean, about 45 minutes.
- Let stand 10 minutes before serving.
- Serve while still hot.

Nutrition Facts



Properties

Glycemic Index:38.28, Glycemic Load:41.76, Inflammation Score:-9, Nutrition Score:45.207391324251%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 9.66mg, Kaempferol: 9.66mg, Kaempferol: 9.66mg, Kaempferol: 9.66mg Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg

Quercetin: 13.23mg, Quercetin: 13.23mg

Nutrients (% of daily need)

Calories: 948.19kcal (47.41%), Fat: 42.37g (65.18%), Saturated Fat: 20.34g (127.15%), Carbohydrates: 80.55g (26.85%), Net Carbohydrates: 73.74g (26.82%), Sugar: 12.22g (13.58%), Cholesterol: 310.98mg (103.66%), Sodium: 1642.08mg (71.39%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 58.57g (117.14%), Selenium: 112.27µg (160.39%), Calcium: 1124.28mg (112.43%), Manganese: 1.98mg (98.97%), Phosphorus: 985.31mg (98.53%), Vitamin B12: 4.95µg (82.44%), Vitamin B2: 1.05mg (61.53%), Zinc: 8.5mg (56.69%), Vitamin B3: 10.63mg (53.13%), Folate: 199.93µg (49.98%), Vitamin B1: 0.73mg (48.86%), Copper: 0.8mg (40.14%), Iron: 7.16mg (39.77%), Magnesium: 131.58mg (32.9%), Vitamin B5: 3.14mg (31.41%), Fiber: 6.81g (27.22%), Vitamin A: 1188.09IU (23.76%), Vitamin K: 23.95µg (22.81%), Vitamin B6: 0.45mg (22.34%), Potassium: 611.24mg (17.46%), Vitamin E: 2.51mg (16.74%), Vitamin D: 1.59µg (10.6%), Vitamin C: 3.7mg (4.49%)