



Crab Strata

READY IN



200 min.

SERVINGS



12

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups bread firm cubed (6 slices)
- ☐ 12 oz crabmeat flaked drained canned
- ☐ 4 oz swiss cheese shredded
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup capers drained
- ☐ 3 tablespoons spring onion chopped
- ☐ 6 eggs
- ☐ 1.3 cups milk
- ☐ 0.3 cup apple juice dry

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 1 serving spring onion chopped
- ☐ 1 serving bell pepper red chopped

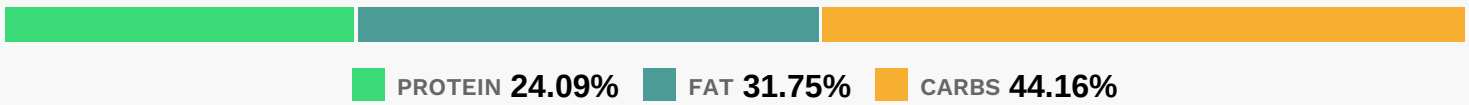
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Spray 2-quart casserole with cooking spray. In casserole, mix bread cubes, crabmeat, cheeses, capers and onions.
- ☐ In medium bowl, beat eggs with wire whisk. Beat in milk, sherry, mustard and Worcestershire sauce; pour over bread mixture. Cover tightly; refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F.
- ☐ Bake uncovered about 45 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.
- ☐ Sprinkle with additional onions and bell pepper.

Nutrition Facts



Properties

Glycemic Index:26.62, Glycemic Load:21.05, Inflammation Score:-6, Nutrition Score:21.021304482999%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin:

0.04mg Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 369.46kcal (18.47%), Fat: 12.99g (19.98%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 37.13g (13.5%), Sugar: 6.8g (7.55%), Cholesterol: 130.83mg (43.61%), Sodium: 772.18mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Selenium: 48.16µg (68.79%), Manganese: 0.99mg (49.59%), Phosphorus: 341.12mg (34.11%), Calcium: 325.76mg (32.58%), Vitamin B12: 1.67µg (27.86%), Vitamin B3: 5.35mg (26.76%), Vitamin B2: 0.45mg (26.31%), Folate: 99.75µg (24.94%), Vitamin B1: 0.37mg (24.48%), Zinc: 3.1mg (20.66%), Iron: 3.55mg (19.72%), Copper: 0.39mg (19.48%), Vitamin B5: 1.48mg (14.76%), Magnesium: 57.34mg (14.34%), Fiber: 3.52g (14.07%), Vitamin C: 9.66mg (11.71%), Vitamin A: 558.48IU (11.17%), Vitamin B6: 0.22mg (11.04%), Vitamin K: 9.82µg (9.35%), Potassium: 298.81mg (8.54%), Vitamin E: 1.19mg (7.93%), Vitamin D: 0.79µg (5.3%)