

Crab Strata

READY IN



200 min.

SERVINGS



12

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice dry
- ☐ 4 cups bread firm cubed (6 slices)
- ☐ 12 oz crabmeat flaked drained canned
- ☐ 0.3 cup capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 6 eggs
- ☐ 3 tablespoons spring onion chopped
- ☐ 12 servings spring onion chopped
- ☐ 1.3 cups milk

- ☐ 12 servings bell pepper red chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 4 oz swiss cheese shredded
- ☐ 0.5 teaspoon worcestershire sauce

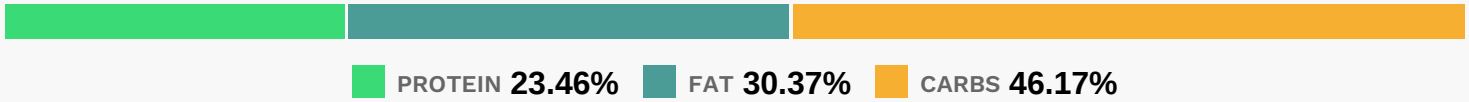
Equipment

- ☐ 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 350F.
- ☐ 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:21.99, Inflammation Score:-9, Nutrition Score:30.109999822534%

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: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin:

0.45mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 13.2g (20.31%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 40.08g (14.57%), Sugar: 9.79g (10.88%), Cholesterol: 130.83mg (43.61%), Sodium: 775.79mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Vitamin C: 98.1mg (118.91%), Selenium: 48.26µg (68.94%), Vitamin A: 2751.52IU (55.03%), Manganese: 1.08mg (53.85%), Phosphorus: 360.91mg (36.09%), Folate: 134.68µg (33.67%), Calcium: 334.5mg (33.45%), Vitamin B3: 6.05mg (30.24%), Vitamin B2: 0.51mg (29.99%), Vitamin B12: 1.67µg (27.86%), Vitamin B1: 0.41mg (27.14%), Vitamin K: 24.55µg (23.38%), Zinc: 3.29mg (21.94%), Iron: 3.92mg (21.8%), Vitamin B6: 0.42mg (21.14%), Fiber: 5.09g (20.38%), Copper: 0.41mg (20.29%), Vitamin B5: 1.7mg (16.96%), Magnesium: 66.64mg (16.66%), Vitamin E: 2.3mg (15.33%), Potassium: 458.08mg (13.09%), Vitamin D: 0.79µg (5.3%)