



Creamy Egg Strata

READY IN



610 min.

SERVINGS



10

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 1.5 cups chicken broth
- ☐ 10 servings garnish: chives fresh chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 8 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup onion chopped

- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 oz swiss cheese shredded

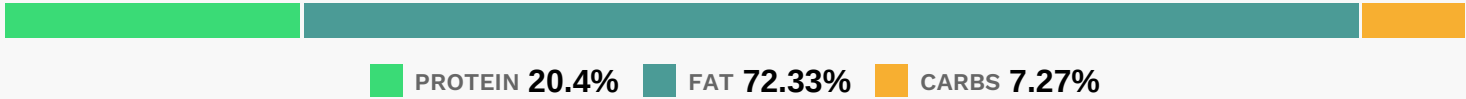
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Place bread cubes in a well-buttered 13- x 9-inch baking dish. Melt 3 Tbsp. butter, and drizzle over bread cubes.
- ☐ Sprinkle with cheeses.
- ☐ Melt remaining 3 Tbsp. butter in a medium saucepan over medium heat; add onion and garlic. Saut 2 to 3 minutes or until tender.
- ☐ Whisk in flour until smooth; cook, whisking constantly, 2 to 3 minutes or until lightly browned.
- ☐ Whisk in broth and next 4 ingredients until blended. Bring mixture to a boil; reduce heat to medium-low, and simmer, stirring occasionally, 15 minutes or until thickened.
- ☐ Remove from heat. Stir in sour cream.
- ☐ Add salt and pepper to taste.
- ☐ Gradually whisk about one-fourth of hot sour cream mixture into eggs; add egg mixture to remaining sour cream mixture, whisking constantly.
- ☐ Pour mixture over cheese in baking dish. Cover with plastic wrap, and chill 8 to 24 hours.
- ☐ Let strata stand at room temperature 1 hour. Preheat oven to 35
- ☐ Remove plastic wrap, and bake 30 minutes or until set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:9.4939130285512%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 278.84kcal (13.94%), Fat: 21.41g (32.94%), Saturated Fat: 11.66g (72.88%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.62g (1.68%), Sugar: 1.14g (1.27%), Cholesterol: 199.79mg (66.6%), Sodium: 492.15mg (21.4%), Alcohol: 1.85g (100%), Alcohol %: 1.56% (100%), Protein: 13.59g (27.18%), Selenium: 22.37µg (31.96%), Calcium: 288.74mg (28.87%), Phosphorus: 261.77mg (26.18%), Vitamin B2: 0.33mg (19.33%), Vitamin B12: 1.15µg (19.23%), Vitamin A: 774.02IU (15.48%), Zinc: 1.85mg (12.35%), Vitamin B5: 0.81mg (8.09%), Folate: 28.51µg (7.13%), Vitamin B6: 0.11mg (5.74%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.82µg (5.5%), Iron: 0.98mg (5.47%), Manganese: 0.1mg (5.03%), Magnesium: 19.29mg (4.82%), Potassium: 131.9mg (3.77%), Vitamin B1: 0.05mg (3.51%), Vitamin K: 3.68µg (3.51%), Copper: 0.06mg (2.96%), Vitamin B3: 0.31mg (1.54%), Vitamin C: 1.17mg (1.42%)