



Crescent's Overnight Cornbread Strata

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

Ingredients

- ☐ 8 servings skillet-sizzled buttermilk cornbread cooled crumbled
- ☐ 0.8 cup ham diced cooked
- ☐ 1 pinch basil dried
- ☐ 1 pinch dillweed dried
- ☐ 8 large eggs lightly beaten
- ☐ 1 Dash hot sauce
- ☐ 2 cups milk
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded

☐

1 Dash worcestershire sauce

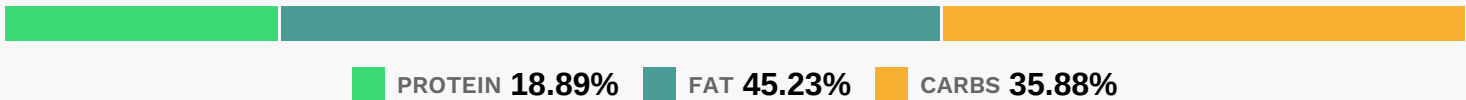
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place crumbled cornbread in a 15" x 10" x 1" jellyroll pan.
- ☐ Bake at 325 for 20 minutes, stirring after 10 minutes.
- ☐ Let cool.
- ☐ Place cornbread pieces in a 13" x 9" x 2" baking dish coated with cooking spray.
- ☐ Layer cheese over cornbread; sprinkle ham over cheese.
- ☐ Combine eggs and remaining 7 ingredients; stir well.
- ☐ Pour over cornbread mixture. Cover and chill overnight.
- ☐ Bake, uncovered, at 350 for 45 minutes or until set and golden.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:15.370000009951%

Nutrients (% of daily need)

Calories: 409.42kcal (20.47%), Fat: 20.5g (31.54%), Saturated Fat: 9.2g (57.52%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 35.15g (12.78%), Sugar: 12.8g (14.23%), Cholesterol: 256.52mg (85.51%), Sodium: 789.98mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Phosphorus: 524.67mg (52.47%), Selenium: 29.85µg (42.64%), Calcium: 340.34mg (34.03%), Vitamin B2: 0.54mg (31.69%), Vitamin B12: 1.29µg (21.45%), Zinc: 2.33mg (15.52%), Folate: 61.69µg (15.42%), Vitamin B1: 0.23mg (15.41%), Vitamin B5: 1.52mg (15.24%), Vitamin A: 690IU (13.8%), Iron: 2.29mg (12.74%), Vitamin D: 1.8µg (11.99%), Vitamin B6: 0.22mg (10.95%), Manganese: 0.18mg (8.91%), Vitamin B3: 1.7mg (8.5%), Potassium: 295.31mg (8.44%), Magnesium: 33.01mg (8.25%),

Vitamin E: 1.03mg (6.9%), Fiber: 1.45g (5.81%), Copper: 0.1mg (5.17%), Vitamin K: 5.26µg (5.01%), Vitamin C: 2.62mg (3.17%)