



Do-Ahead Chicken-Leek Strata

READY IN



335 min.

SERVINGS



12

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 lb leek sliced
- ☐ 24 slices bread french (from 1 lb. loaf)
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 2 tablespoons optional: dill dried fresh chopped
- ☐ 12 oz mozzarella cheese shredded
- ☐ 8 eggs beaten
- ☐ 4 cups milk
- ☐ 1 teaspoon salt

☐ 0.3 teaspoon pepper

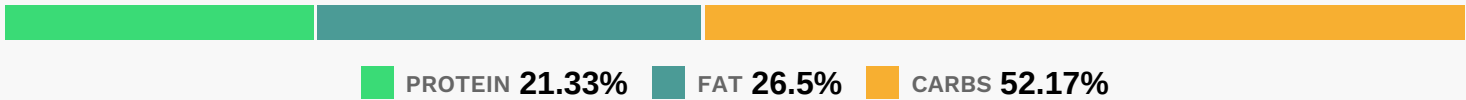
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ glass baking pan

Directions

- ☐ In 2-quart saucepan, melt butter over medium heat.
- ☐ Add leeks; cook about 3 minutes, stirring frequently, until softened.
- ☐ Remove from heat.
- ☐ Line bottom of ungreased 13x9-inch (3-quart) glass baking dish with half of the bread slices.
- ☐ Sprinkle with chicken and dill weed; layer with leeks.
- ☐ Sprinkle 2 cups of the cheese over leeks. Top with remaining bread slices; sprinkle with remaining 1 cup cheese.
- ☐ In medium bowl, mix remaining ingredients; pour over bread mixture. Cover tightly; refrigerate at least 4 hours but no longer than 24 hours.
- ☐ About 1 hour 15 minutes before serving, heat oven to 325°F. Uncover dish; bake 1 hour to 1 hour 5 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:55.83, Inflammation Score:-9, Nutrition Score:32.306087245112%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 625.95kcal (31.3%), Fat: 18.48g (28.43%), Saturated Fat: 7.68g (48%), Carbohydrates: 81.85g (27.28%), Net Carbohydrates: 77.66g (28.24%), Sugar: 13.17g (14.64%), Cholesterol: 158.78mg (52.93%), Sodium: 1269.33mg (55.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Selenium: 58.48µg (83.54%), Vitamin B1: 1.03mg (68.98%), Folate: 222.89µg (55.72%), Vitamin B2: 0.93mg (54.78%), Manganese: 1.06mg (53.25%), Phosphorus: 446.89mg (44.69%), Vitamin B3: 8.45mg (42.25%), Iron: 7.52mg (41.79%), Calcium: 374.74mg (37.47%), Vitamin A: 1840.44IU (36.81%), Vitamin K: 37.48µg (35.69%), Vitamin B6: 0.52mg (25.96%), Vitamin B12: 1.42µg (23.61%), Zinc: 3.32mg (22.12%), Magnesium: 86.16mg (21.54%), Fiber: 4.19g (16.75%), Copper: 0.32mg (16.22%), Vitamin B5: 1.56mg (15.56%), Potassium: 525.36mg (15.01%), Vitamin C: 9.13mg (11.07%), Vitamin D: 1.59µg (10.63%), Vitamin E: 1.44mg (9.6%)