



Easy Bake Strata

READY IN



65 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 6 eggs
- 2 Tbsp parsley fresh chopped
- 1 small onion chopped
- 0.5 cup bell pepper red chopped
- 0.8 cup mozzarella cheese shredded kraft
- 4 cups torn spinach fresh packed
- 6 oz stove top stuffing mix for chicken

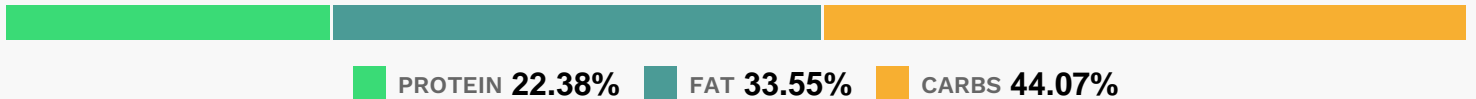
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375F. Spray large skillet with cooking spray.
- Add onion and red pepper; cook and stir on medium-high heat 5 min. or until softened. Stir in spinach; set aside.
- Prepare stuffing mix as directed on package; stir in onion mixture and parsley. Beat eggs; mix with stuffing mixture.
- Pour into greased 8-inch square baking pan.
- Sprinkle with cheese.
- Bake 35 min. or until firm. Cool 15 min.
- Cut into strips or squares.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:19.989999957707%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 227.3kcal (11.37%), Fat: 8.41g (12.94%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.02g (8.37%), Sugar: 3.76g (4.18%), Cholesterol: 175.02mg (58.34%), Sodium: 566.04mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin K: 118.79µg (113.14%), Vitamin A: 2703.91IU (54.08%), Selenium: 29.77µg (42.53%), Folate: 117.94µg (29.49%), Vitamin C: 24.06mg (29.17%),

Vitamin B2: 0.41mg (24%), Manganese: 0.4mg (19.76%), Phosphorus: 193.8mg (19.38%), Calcium: 147.94mg (14.79%), Vitamin B1: 0.22mg (14.63%), Iron: 2.61mg (14.5%), Vitamin B12: 0.72µg (11.94%), Vitamin B6: 0.21mg (10.67%), Vitamin B3: 1.98mg (9.89%), Magnesium: 38.51mg (9.63%), Zinc: 1.41mg (9.4%), Vitamin B5: 0.88mg (8.79%), Potassium: 302.95mg (8.66%), Vitamin E: 1.21mg (8.07%), Fiber: 1.85g (7.39%), Copper: 0.14mg (6.76%), Vitamin D: 0.94µg (6.24%)