



## Empty the Fridge Strata

READY IN



45 min.

SERVINGS



4

CALORIES



968 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups bread cut into 1 inch cubes
- 0.3 cup onion cooked
- 5 eggs beaten
- 2 tablespoons herbs: rosemary fresh chopped (parsley, thyme, oregano, chives, etc.)
- 0.5 cup corn frozen thawed drained
- 0.5 cup hot dogs chopped
- 4 servings pepper black freshly ground
- 0.5 cup pork chops shredded leftover chopped (braised beef, chicken, steak, pork chops, etc.)
- 1.5 cups milk

- 0.3 cup pasta sauce leftover (marinara, alfredo, or Bolognese, etc.)
- 0.5 cups cheese shredded (cheddar, mozzarella, Havarti, etc.)

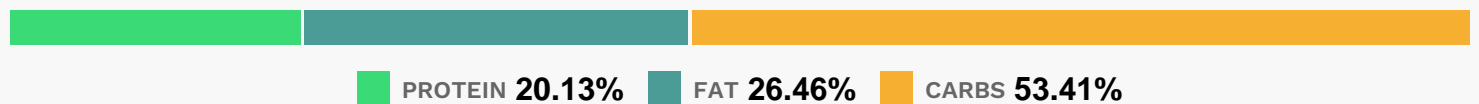
## Equipment

- bowl
- oven
- baking pan
- spatula

## Directions

- Adjust oven rack to middle position and preheat to 400°F.
- In a large bowl combine milk and eggs and mix until combined.
- Place bread in the bowl and fold with a spatula until bread is coated, let stand 5 minutes to allow milk and egg mixture to saturate the bread. Fold in any additional ingredients. (If using fresh herbs, reserve 1 tablespoon to sprinkle on top before serving). Season with salt and pepper and transfer to a baking dish.
- Bake until strata is puffed and edges begin to brown, about 30 minutes.
- Sprinkle with reserved herbs (if using) and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:71.92, Glycemic Load:64.03, Inflammation Score:-8, Nutrition Score:45.195652505626%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 967.97kcal (48.4%), Fat: 28.47g (43.8%), Saturated Fat: 9.14g (57.15%), Carbohydrates: 129.31g (43.1%), Net Carbohydrates: 118.78g (43.19%), Sugar: 19.29g (21.44%), Cholesterol: 259.11mg (86.37%), Sodium: 1601.43mg (69.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.74g (97.49%), Selenium: 106.7µg (152.42%), Manganese: 2.95mg (147.47%), Vitamin B1: 1.35mg (89.73%), Vitamin B3: 17.32mg (86.62%), Vitamin B2: 1.18mg (69.4%), Phosphorus: 677.05mg (67.7%), Folate: 256.3µg (64.07%), Iron: 10.79mg (59.97%), Calcium: 527.07mg (52.71%), Vitamin K: 45.79µg (43.61%), Fiber: 10.53g (42.13%), Vitamin B5: 3.63mg (36.35%), Vitamin B6: 0.71mg (35.59%), Magnesium: 139.79mg (34.95%), Zinc: 5.2mg (34.65%), Vitamin B12: 1.61µg (26.76%), Potassium: 841.88mg (24.05%), Copper: 0.47mg (23.35%), Vitamin A: 782.14IU (15.64%), Vitamin D: 2.28µg (15.21%), Vitamin E: 1.38mg (9.18%), Vitamin C: 6.46mg (7.83%)