



English Muffin Strata with Ham and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 ounces canadian bacon chopped
- 4 teaspoons dijon mustard
- 0.5 teaspoon mustard dry
- 2 large egg whites
- 2 large eggs
- 6 muffins split english
- 1 Dash ground pepper red
- 0.3 teaspoon salt
- 2 ounces swiss cheese shredded

2.5 cups soy milk unsweetened

Equipment

oven

knife

whisk

baking pan

Directions

Cut each muffin half into 6 wedges. Arrange half of muffin wedges in bottom of an 8-inch square baking dish coated with cooking spray. Top with bacon.

Sprinkle with half of cheese. Arrange remaining muffin wedges over cheese. Top with remaining cheese.

Combine milk and the remaining ingredients, stirring with a whisk until blended.

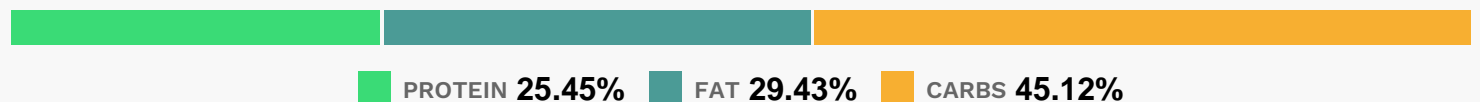
Pour milk mixture over muffin mixture. Cover and refrigerate 8 hours or overnight.

Preheat oven to 32

Uncover strata and bake at 325 for 1 hour or until a knife inserted in center comes out clean.

Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:18.56, Inflammation Score:-4, Nutrition Score:11.91086969395%

Nutrients (% of daily need)

Calories: 259.35kcal (12.97%), Fat: 8.35g (12.85%), Saturated Fat: 2.93g (18.28%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 26.59g (9.67%), Sugar: 0.62g (0.68%), Cholesterol: 77.88mg (25.96%), Sodium: 623.09mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin B2: 0.48mg (28.1%), Vitamin B12: 1.69µg (28.09%), Vitamin B1: 0.38mg (25.43%), Calcium: 253.34mg (25.33%), Phosphorus: 236.64mg (23.66%), Selenium: 15.19µg (21.7%), Vitamin D: 1.95µg (12.97%), Manganese: 0.24mg (11.85%), Vitamin B3: 2mg (10.01%), Magnesium: 39.22mg (9.81%), Copper: 0.19mg (9.31%), Fiber: 2.22g (8.9%), Potassium: 299.71mg (8.56%), Vitamin

B6: 0.17mg (8.42%), Zinc: 1.26mg (8.4%), Iron: 1.46mg (8.09%), Folate: 31.31µg (7.83%), Vitamin A: 387.6IU (7.75%),
Vitamin B5: 0.74mg (7.4%), Vitamin E: 0.29mg (1.91%)