



## Farmer's Strata

READY IN



80 min.

SERVINGS



12

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups milk cheddar cheese shredded 2% kraft
- 1 tsp mustard dry
- 2 cups cholesterol-free egg product
- 3 cups milk
- 1 onion chopped
- 1.5 cups potatoes cubed cooked peeled
- 12 slices oscar mayer selects uncured turkey bacon cut into 1/2-inch pieces
- 10 slices bread white cubed
- 1 Tbsp lea & perrins worcestershire sauce

## Equipment

- frying pan
- oven
- knife
- whisk
- baking pan

## Directions

- Heat oven to 325F.
- Cook bacon and onions in skillet on medium heat 10 min. or until bacon is done, stirring occasionally.
- Layer half each of the bread, potatoes, bacon and cheese in 13x9-inch baking dish sprayed with cooking spray. Repeat. Beat remaining ingredients with whisk until well blended; pour over ingredients in dish.
- Bake 1 hour or until knife inserted in center comes out clean.

## Nutrition Facts

**PROTEIN 23.9%** **FAT 49.89%** **CARBS 26.21%**

## Properties

Glycemic Index:20.88, Glycemic Load:12.06, Inflammation Score:-5, Nutrition Score:13.338695660881%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 306.9kcal (15.35%), Fat: 16.95g (26.08%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.81g (6.84%), Sugar: 5.01g (5.56%), Cholesterol: 190.53mg (63.51%), Sodium: 643.52mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.55%), Selenium: 27.85µg (39.78%), Phosphorus: 335.85mg (33.58%), Calcium: 283.3mg (28.33%), Vitamin B2: 0.45mg (26.42%), Vitamin B12: 0.94µg (15.66%), Zinc: 2.18mg (14.51%), Vitamin B6: 0.27mg (13.61%), Folate: 53.7µg (13.43%), Vitamin B1: 0.2mg (13.16%),

Iron: 2.05mg (11.38%), Vitamin B5: 1.13mg (11.28%), Vitamin D: 1.65µg (11%), Potassium: 378.03mg (10.8%), Vitamin A: 508.32IU (10.17%), Manganese: 0.2mg (9.75%), Vitamin B3: 1.9mg (9.48%), Magnesium: 34.71mg (8.68%), Vitamin C: 6.05mg (7.33%), Copper: 0.12mg (5.93%), Vitamin E: 0.8mg (5.34%), Fiber: 1.23g (4.93%), Vitamin K: 2.35µg (2.24%)