



 **22%**  
HEALTH SCORE

## Farmer's Strata with Kale and Tomatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon coconut oil
- 8 eggs
- 0.3 cup feta cheese crumbled
- 3 Tablespoons cilantro leaves fresh chopped
- 3 Tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 2 spring onion sliced
- 6 large leaves kale red sliced chopped

- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 0.1 teaspoon pepper
- 4 roma tomatoes sliced into 1/4" slices
- 2 tablespoons salt

## Equipment

- bowl
- frying pan
- oven
- spatula

## Directions

- Preheat oven to 325 degrees F. Beat eggs, salt, and pepper, in a medium bowl. Set aside.
- Heat oil in a 10" oven safe skillet over medium heat.
- Add mushrooms, green onions, and sliced kale stems to skillet.
- Saute for 4 minutes.
- Add garlic and herbs.
- Saute for an additional 2 minutes. Herbs will be wilted and the mushrooms are starting to brown. Handful of fresh parsley, chopped (about 3 Tablespoons)
- Add layer of kale to mixture. Do not mix in, just lay on top of mushroom and herb mixture.
- Add a layer of tomatoes over kale and sprinkle crumbled feta over tomatoes. Evenly pour eggs over tomatoes and feta. Cook for 5 minutes over medium heat. As eggs are cooking, lift edges of strata with a spatula allowing eggs to fill in the gaps. Once bottom of strata begins to brown, transfer to the oven. Cook for 20 minutes, or until eggs are set.
- Remove from pan and cut into wedges.
- Remove from oven and take strata out of pan with a large spatula. Slice into wedges and serve.

## Nutrition Facts



■ PROTEIN 31.08% ■ FAT 54.87% ■ CARBS 14.05%

## Properties

Glycemic Index:85.25, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:23.500434782609%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

## Taste

Sweetness: 40.7%, Saltiness: 100%, Sourness: 31.46%, Bitterness: 19.38%, Savoriness: 60.02%, Fattiness: 58.23%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 191.97kcal (9.6%), Fat: 11.95g (18.39%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.22g (3.58%), Cholesterol: 335.7mg (111.9%), Sodium: 3737.35mg (162.49%), Protein: 15.24g (30.47%), Vitamin K: 132.36µg (126.06%), Vitamin A: 3012.83IU (60.26%), Selenium: 33.3µg (47.57%), Vitamin B2: 0.75mg (44.31%), Vitamin C: 30.58mg (37.07%), Phosphorus: 277.57mg (27.76%), Vitamin B5: 2.26mg (22.56%), Folate: 80.69µg (20.17%), Vitamin B6: 0.34mg (16.94%), Vitamin B12: 0.96µg (16.01%), Calcium: 158.87mg (15.89%), Potassium: 526.56mg (15.04%), Iron: 2.61mg (14.52%), Manganese: 0.29mg (14.35%), Copper: 0.28mg (14.12%), Zinc: 1.91mg (12.73%), Vitamin B3: 2.54mg (12.7%), Vitamin D: 1.89µg (12.62%), Vitamin E: 1.46mg (9.7%), Vitamin B1: 0.14mg (9.28%), Fiber: 2.21g (8.84%), Magnesium: 32.28mg (8.07%)