



Farmhouse Strata

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard dry
- 2 cups egg substitute frozen thawed
- 0.3 cup green onions chopped
- 1 Dash ground pepper red
- 8 ounces turkey sausage italian
- 2 ounces cheddar cheese shredded reduced-fat
- 0.3 teaspoon rubbed sage
- 1 Dash salt
- 1 cup skim milk

- 2 medium tomatoes cut into 1/4-inch-thick slices
- 6 ounce bread white cut into 1/2-inch cubes

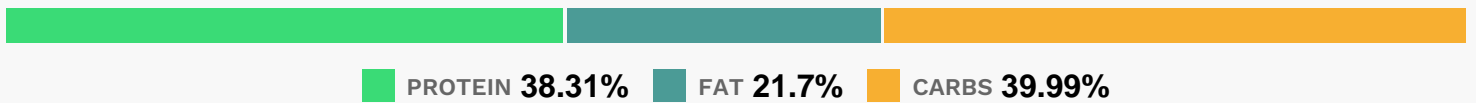
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Cook sausage in a nonstick skillet over medium-high heat until browned, stirring until it crumbles.
- Combine egg substitute and next 6 ingredients in a medium bowl; stir well with a wire whisk. Stir in sausage, green onions, and bread cubes.
- Pour mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray; cover and chill at least 8 hours.
- Bake, uncovered, at 350 for 45 minutes or until set and lightly browned.
- Cut into squares, and serve with sliced tomato.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:11.09, Inflammation Score:-7, Nutrition Score:18.385217293449%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 214.52kcal (10.73%), Fat: 5.17g (7.96%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 19.82g (7.21%), Sugar: 7.62g (8.47%), Cholesterol: 23.24mg (7.75%), Sodium: 728.98mg (31.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.09%), Selenium: 50.57µg (72.24%), Iron: 6.4mg (35.53%), Vitamin B2: 0.53mg (31.08%), Phosphorus: 261.81mg (26.18%), Calcium: 226.91mg (22.69%), Vitamin C: 18.32mg (22.2%), Vitamin B1: 0.31mg (20.63%), Vitamin B5: 1.99mg (19.85%), Vitamin B6: 0.34mg (17.05%), Vitamin B3: 3.18mg (15.89%), Zinc: 2.29mg (15.27%), Folate: 58.26µg (14.57%), Vitamin A: 727.88IU (14.56%), Potassium: 462.74mg (13.22%), Manganese: 0.26mg (12.87%), Vitamin B12: 0.72µg (11.96%), Vitamin K: 12.23µg (11.65%), Vitamin D: 1.74µg (11.59%), Vitamin E: 1.6mg (10.65%), Magnesium: 41.52mg (10.38%), Fiber: 1.62g (6.48%), Copper: 0.13mg (6.32%)