



Figure Friendly Mushroom and Bacon Strata

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large eggs
- 4 large egg whites
- 0.5 cup milk low fat
- 2 cups bread cubed stale
- 0.3 cup onion minced
- 0.3 cup bell pepper red minced (capsicum)
- 0.3 cup bell pepper yellow minced
- 1 cup mushrooms sliced
- 1 cup mushrooms sliced

- 2 tablespoons basil chopped
- 2 tablespoons basil chopped
- 2 tablespoons oz. bacon into pieces
- 1 teaspoon olive oil
- 0.5 cup cheese

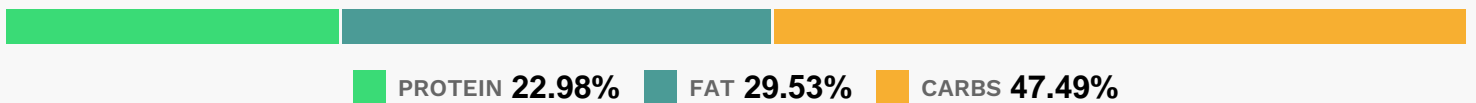
Equipment

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat non-stick skillet over medium heat.
- Add oil and saute onion and peppers for 5 minutes to soften.
- Add mushrooms and saute another 5 minutes.
- Spray baking dish with cooking spray and add bread cubes. Top with mushroom mixture, basil, and salt and pepper to your taste.
- Sprinkle with bacon bits and cheese.
- Whip eggs and milk together and pour over bread mixture.
- Refrigerate for one hour up to overnight.
- Heat oven to 35
- Bake 20 minutes covered with foil. Uncover and bake another 10 minutes until puffed and lightly browned.

Nutrition Facts



Properties

Glycemic Index:87.17, Glycemic Load:30.97, Inflammation Score:-8, Nutrition Score:30.112173913043%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Taste

Sweetness: 49.57%, Saltiness: 100%, Sourness: 18.65%, Bitterness: 18.94%, Savoriness: 67.82%, Fattiness: 84.54%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 524.39kcal (26.22%), Fat: 17.24g (26.52%), Saturated Fat: 5.95g (37.16%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 56.68g (20.61%), Sugar: 10.48g (11.64%), Cholesterol: 206.6mg (68.87%), Sodium: 897.65mg (39.03%), Protein: 30.19g (60.37%), Selenium: 65.19µg (93.13%), Manganese: 1.51mg (75.49%), Vitamin B2: 0.98mg (57.79%), Vitamin B3: 8.66mg (43.31%), Phosphorus: 401.58mg (40.16%), Vitamin B1: 0.58mg (38.68%), Vitamin C: 31.35mg (38%), Folate: 147.05µg (36.76%), Calcium: 324.18mg (32.42%), Iron: 5.6mg (31.09%), Vitamin B5: 2.74mg (27.44%), Fiber: 5.69g (22.77%), Copper: 0.4mg (19.97%), Zinc: 2.85mg (19.02%), Magnesium: 74.32mg (18.58%), Vitamin A: 887.62IU (17.75%), Vitamin B6: 0.35mg (17.66%), Potassium: 559.91mg (16%), Vitamin K: 15.71µg (14.96%), Vitamin B12: 0.82µg (13.73%), Vitamin D: 1.51µg (10.03%), Vitamin E: 1.18mg (7.84%)