



## Spinach-and-Prosciutto Strata

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 ounces asiago cheese shredded divided
- 0.3 teaspoon pepper black divided
- 16 ounce bread cut into 2-inch cubes
- 6 ounces crimini mushrooms quartered
- 2 large egg whites
- 4 large eggs
- 3 cups skim milk fat-free divided
- 3 tablespoons basil fresh divided chopped
- 2 garlic clove minced

- 1 cup spring onion sliced
- 0.3 teaspoon kosher salt divided
- 2 teaspoons olive oil
- 3 ounces pancetta chopped
- 1 cup bell pepper red finely chopped
- 10 ounce spinach frozen dry thawed drained chopped

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Combine 2 cups milk and onions in a large bowl.
- Add bread, tossing gently to coat. Cover and chill for 30 minutes. Stir in spinach.
- Preheat oven to 37
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add mushrooms; saut 5 minutes.
- Add bell pepper; saut 3 minutes.
- Add prosciutto and garlic; saut 1 minute.
- Remove from heat; stir in 1 tablespoon basil, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
- Place 1 cup milk, 2 tablespoons basil, 1/8 teaspoon salt, 1/8 teaspoon black pepper, eggs, and egg whites in a large bowl; stir well with a whisk.
- Place half of bread mixture in an 11 x 7-inch dish coated with cooking spray. Spoon mushroom mixture over bread mixture, and sprinkle with half of cheese. Top with remaining bread mixture.
- Pour egg mixture over bread mixture; sprinkle with remaining cheese.
- Bake at 375 for 1 hour or until set.

# Nutrition Facts

PROTEIN 23.66% FAT 34.2% CARBS 42.14%

## Properties

Glycemic Index:39.36, Glycemic Load:16.56, Inflammation Score:-10, Nutrition Score:31.480869417605%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 346.72kcal (17.34%), Fat: 13.31g (20.48%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 32.72g (11.9%), Sugar: 9.8g (10.89%), Cholesterol: 110mg (36.67%), Sodium: 698.84mg (30.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.44%), Vitamin K: 165.48µg (157.6%), Vitamin A: 5313.6IU (106.27%), Selenium: 39.88µg (56.97%), Manganese: 1.04mg (51.98%), Calcium: 395.99mg (39.6%), Vitamin B2: 0.67mg (39.32%), Phosphorus: 365.29mg (36.53%), Vitamin C: 28.62mg (34.69%), Folate: 136.67µg (34.17%), Vitamin B1: 0.4mg (26.7%), Vitamin B3: 5.01mg (25.05%), Iron: 3.68mg (20.47%), Magnesium: 78.14mg (19.53%), Vitamin B6: 0.35mg (17.69%), Potassium: 609.9mg (17.43%), Vitamin B5: 1.73mg (17.27%), Fiber: 4.18g (16.73%), Vitamin B12: 0.96µg (16.08%), Zinc: 2.29mg (15.26%), Copper: 0.29mg (14.52%), Vitamin E: 1.98mg (13.22%), Vitamin D: 1.63µg (10.85%)