



Fresh Mozzarella, Sun-Dried Tomato, and Prosciutto Strata

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces crème fraîche sour
- ☐ 8 ounce egg substitute
- ☐ 3.3 cups skim milk fat-free
- ☐ 1 pound rosemary cut into 3/4-inch cubes (15 cups)
- ☐ 4 ounces mozzarella fresh cut into 1/4-inch-wide strips
- ☐ 1 garlic clove minced
- ☐ 0.3 cup sun-dried olives drained chopped

- ☐ 2 ounces parmesan fresh grated
- ☐ 4 ounces pancetta chopped

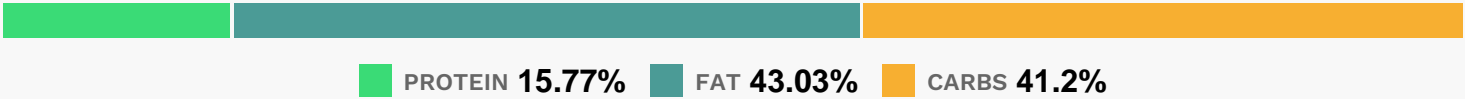
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange bread cubes in a single layer on a large baking sheet.
- ☐ Bake at 350 for 10 minutes or until toasted, stirring once.
- ☐ Combine milk, crme frache, and egg substitute in a large bowl, stirring with a whisk until smooth.
- ☐ Add tomatoes and garlic, stirring with a whisk.
- ☐ Add bread; stir gently to combine.
- ☐ Let stand 5 minutes.
- ☐ Pour half of bread mixture into a 13 x 9-inch baking dish coated with cooking spray. Arrange prosciutto and mozzarella evenly over bread mixture. Top with remaining bread mixture. Cover and chill 8 hours or up to overnight.
- ☐ Preheat oven to 35
- ☐ Uncover dish.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle evenly with Parmesan.
- ☐ Bake an additional 20 minutes.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:10.76, Inflammation Score:-10, Nutrition Score:36.458695380584%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 388kcal (19.4%), Fat: 20.81g (32.02%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 20.26g (7.37%), Sugar: 7.33g (8.15%), Cholesterol: 32.54mg (10.85%), Sodium: 427.76mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Calcium: 1045.65mg (104.56%), Fiber: 24.58g (98.34%), Iron: 17.65mg (98.05%), Vitamin B6: 1.15mg (57.52%), Manganese: 1.14mg (57.05%), Folate: 184.85µg (46.21%), Vitamin A: 2271.03IU (45.42%), Vitamin C: 36.37mg (44.08%), Magnesium: 156.06mg (39.01%), Vitamin B2: 0.59mg (34.51%), Selenium: 23.67µg (33.81%), Phosphorus: 304.57mg (30.46%), Vitamin B1: 0.45mg (29.84%), Potassium: 941.71mg (26.91%), Zinc: 3.43mg (22.86%), Vitamin B12: 1.17µg (19.46%), Copper: 0.38mg (19.05%), Vitamin D: 1.7µg (11.32%), Vitamin B5: 1.05mg (10.54%), Vitamin B3: 1.65mg (8.24%), Vitamin E: 0.58mg (3.88%), Vitamin K: 2.09µg (1.99%)