



## Goat Cheese, Artichoke, and Smoked Ham Strata

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 28 ounce artichoke hearts rinsed drained coarsely chopped canned
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 8 ounce carton egg substitute
- ☐ 2 ounces fontina shredded
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 ounce goat cheese
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 8 ounces 3%-less-sodium ham smoked coarsely chopped
- ☐ 3.3 cups milk 1% low-fat divided
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 1.5 ounce sourdough bread cut into 1/2-inch cubes

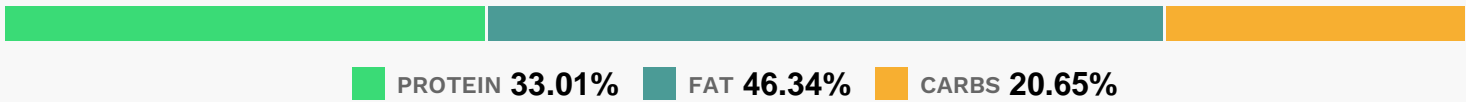
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Preheat oven to 35
- ☐ Place 1 cup milk, egg substitute, and goat cheese in a blender; process until smooth.
- ☐ Combine goat cheese mixture, remaining 2 1/4 cups milk, black pepper, thyme, nutmeg, and garlic in a large bowl, stirring with a whisk.
- ☐ Add bread cubes; stir gently to combine.
- ☐ Let stand 10 minutes.
- ☐ Place half of the bread mixture in a 13 x 9-inch baking dish coated with cooking spray. Arrange Parmesan cheese, ham, and artichoke hearts evenly over the bread mixture. Top with remaining bread mixture, and sprinkle evenly with fontina cheese.
- ☐ Bake strata at 350 for 40 minutes or until edges are bubbly.
- ☐ Let stand 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.94, Glycemic Load:2.32, Inflammation Score:-5, Nutrition Score:12.248695733755%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 255.73kcal (12.79%), Fat: 12.84g (19.75%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.14g (4.05%), Sugar: 6.64g (7.38%), Cholesterol: 41.93mg (13.98%), Sodium: 1051.26mg (45.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.16%), Selenium: 24.81µg (35.45%), Phosphorus: 297.05mg (29.71%), Calcium: 291.74mg (29.17%), Vitamin B2: 0.42mg (24.86%), Vitamin B1: 0.31mg (20.86%), Vitamin B12: 1.09µg (18.23%), Vitamin B6: 0.27mg (13.34%), Zinc: 1.99mg (13.27%), Vitamin D: 1.84µg (12.28%), Vitamin B5: 1.13mg (11.31%), Vitamin A: 525.25IU (10.51%), Potassium: 321.24mg (9.18%), Vitamin B3: 1.77mg (8.85%), Iron: 1.41mg (7.85%), Copper: 0.15mg (7.62%), Magnesium: 29.99mg (7.5%), Fiber: 1.73g (6.93%), Manganese: 0.09mg (4.62%), Vitamin E: 0.65mg (4.31%), Folate: 16.6µg (4.15%), Vitamin K: 1.07µg (1.02%)