



Golden Onion Strata with Gruyère and Prosciutto

READY IN



45 min.

SERVINGS



8

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon mustard dry
- ☐ 8 ounce carton egg substitute
- ☐ 2.5 cups milk fat-free
- ☐ 8 cups bread french cubed 9 ounces
- ☐ 4 ounces pancetta very thin chopped
- ☐ 4 ounces swiss cheese shredded
- ☐ 4 cups vidalia sweet chopped

☐ 0.3 cup water

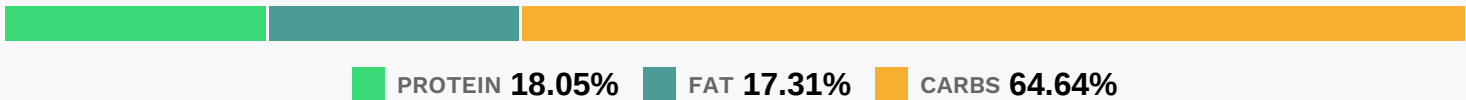
Equipment

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

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion and prosciutto, and saut 5 minutes or until onion begins to brown.
- ☐ Add water; cover, reduce heat to low, and simmer 30 minutes. Uncover and simmer 30 minutes or until liquid almost evaporates. Cool.
- ☐ Combine the milk, mustard, pepper, and egg substitute in a large bowl, and stir with a whisk until mixture is well-blended. Stir in the onion mixture.
- ☐ Add bread, tossing gently to coat.
- ☐ Arrange half of the bread mixture in a single layer in an 11 x 7-inch baking dish.
- ☐ Sprinkle with 1/2 cup cheese, and top with remaining bread mixture. Cover strata, and chill 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover strata.
- ☐ Bake at 350 for 25 minutes.
- ☐ Sprinkle with 1/2 cup cheese; bake an additional 20 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:95.96, Inflammation Score:-9, Nutrition Score:36.012608922046%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 823.97kcal (41.2%), Fat: 15.89g (24.45%), Saturated Fat: 5.76g (35.97%), Carbohydrates: 133.56g (44.52%), Net Carbohydrates: 127.62g (46.41%), Sugar: 19.38g (21.54%), Cholesterol: 24.83mg (8.28%), Sodium: 1639.03mg (71.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Selenium: 88.55µg (126.5%), Vitamin B1: 1.83mg (122.05%), Folate: 316.85µg (79.21%), Vitamin B2: 1.29mg (75.92%), Manganese: 1.31mg (65.62%), Vitamin B3: 12.22mg (61.11%), Iron: 10.11mg (56.14%), Phosphorus: 474.69mg (47.47%), Calcium: 388.25mg (38.82%), Zinc: 3.98mg (26.52%), Magnesium: 103.11mg (25.78%), Vitamin B6: 0.49mg (24.36%), Fiber: 5.94g (23.76%), Copper: 0.43mg (21.36%), Vitamin B5: 1.75mg (17.53%), Vitamin B12: 1.04µg (17.32%), Potassium: 599.26mg (17.12%), Vitamin D: 1.35µg (9.02%), Vitamin E: 1.11mg (7.42%), Vitamin A: 343.86IU (6.88%), Vitamin C: 3.99mg (4.83%), Vitamin K: 2.21µg (2.1%)