



Ham and Cheese Strata

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 8 canadian bacon cut into 1-inch pieces (such as Hormel)
- 1 teaspoon ground mustard dry
- 8 large egg whites
- 4 large eggs
- 4 muffins gluten-free split english cubed toasted
- 3 cups milk 1% low-fat
- 0.5 teaspoon onion powder
- 0.3 teaspoon hot sauce hot (such as Tabasco)

- 4 ounces sharp cheddar cheese shredded reduced-fat
- 1 teaspoon worcestershire sauce

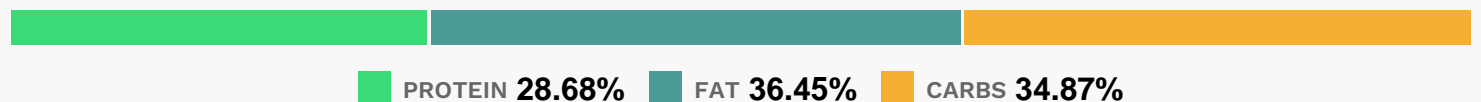
Equipment

- oven
- blender
- baking pan

Directions

- Combine muffin cubes and Canadian bacon in a 13 x 9inch baking dish coated with cooking spray; sprinkle with cheese.
- Beat eggs and egg whites with a mixer at medium speed until blended.
- Add milk and next 5 ingredients, beating at low speed until blended.
- Pour egg mixture over muffin mixture. Cover and chill at least 2 hours or overnight.
- Preheat oven to 35
- Remove casserole from refrigerator, and let stand while oven preheats. Uncover casserole, and bake at 350 for 45 to 50 minutes or until browned.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:9.8839130919913%

Nutrients (% of daily need)

Calories: 219.94kcal (11%), Fat: 8.77g (13.5%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.03g (6.56%), Sugar: 4.87g (5.41%), Cholesterol: 112.1mg (37.37%), Sodium: 371.98mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.07%), Selenium: 20.94µg (29.92%), Vitamin B2: 0.49mg (29.01%), Phosphorus: 253.99mg (25.4%), Calcium: 245.45mg (24.54%), Vitamin B12: 0.96µg (16.01%), Vitamin D: 1.59µg (10.58%), Zinc: 1.47mg (9.8%), Vitamin B5: 0.96mg (9.61%), Vitamin A: 452.05IU (9.04%), Vitamin B1: 0.13mg (8.55%), Potassium: 291.61mg (8.33%), Folate: 28.98µg (7.24%), Magnesium: 28.62mg (7.15%),

Manganese: 0.14mg (7.02%), Vitamin B6: 0.13mg (6.28%), Iron: 0.83mg (4.6%), Copper: 0.07mg (3.7%), Vitamin B3: 0.69mg (3.44%), Fiber: 0.85g (3.4%), Vitamin E: 0.4mg (2.69%)