



Ham and Gruyère Stratas

READY IN



50 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 8 large eggs
- ☐ 5 oz gruyere cheese shredded
- ☐ 2 cups half and half
- ☐ 0.5 pound deli honey ham sliced chopped
- ☐ 2 teaspoons salt
- ☐ 1 bunch spring onion light white green chopped
- ☐ 10 slices sandwich bread white trimmed cut into 1-inch pieces
- ☐ 2 cups milk whole

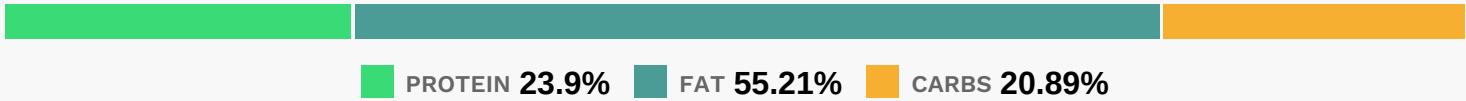
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Grease 6 1-cup ramekins. In a large bowl, whisk together eggs, mustard and salt.
- ☐ Whisk in milk and half-and- half.
- ☐ Mix in bread, ham, scallions and 1 cup cheese.
- ☐ Pour mixture into prepared dishes. Cover with plastic wrap and refrigerate for at least 6 hours and up to 10 hours.
- ☐ Preheat oven to 375F and remove stratas from refrigerator while oven heats.
- ☐ Bake stratas uncovered for 30 minutes, then sprinkle remaining cheese over tops, and bake 10 minutes longer.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:16.12, Inflammation Score:-7, Nutrition Score:23.231738971627%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 554.53kcal (27.73%), Fat: 33.78g (51.96%), Saturated Fat: 16.35g (102.16%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.59g (10.03%), Sugar: 9.93g (11.03%), Cholesterol: 335.42mg (111.81%), Sodium:

1794.19mg (78.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.79%), Selenium: 47.14µg (67.35%), Phosphorus: 565.86mg (56.59%), Calcium: 557.79mg (55.78%), Vitamin B2: 0.83mg (48.69%), Vitamin B1: 0.56mg (37.06%), Vitamin B12: 1.81µg (30.1%), Zinc: 3.71mg (24.71%), Folate: 86.23µg (21.56%), Vitamin B5: 2.1mg (20.98%), Vitamin A: 1043.35IU (20.87%), Vitamin B6: 0.41mg (20.43%), Vitamin B3: 3.95mg (19.76%), Vitamin D: 2.63µg (17.56%), Iron: 3.08mg (17.12%), Manganese: 0.3mg (14.88%), Potassium: 511.42mg (14.61%), Magnesium: 54.78mg (13.7%), Vitamin K: 10.53µg (10.03%), Vitamin E: 1.27mg (8.45%), Copper: 0.15mg (7.62%), Fiber: 1.17g (4.68%), Vitamin C: 1.49mg (1.8%)