



## Ham and Sausage Strata

READY IN



45 min.

SERVINGS



12

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 ounces andouille sausage diced finely
- ☐ 1 pound baguettes cut into 1/2-inch dice
- ☐ 3 celery ribs peeled cut into 1/2-inch pieces
- ☐ 4 cups chicken stock see
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 pound gruyère cheese cut into 1/3-inch pieces
- ☐ 1.5 cups half-and-half whole
- ☐ 1 pound baked ham smoked cut into 1/3-inch pieces
- ☐ 0.8 pound sausages sweet italian ( 4)

- ☐ 1 jalapeño minced seeded
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon thyme leaves
- ☐ 2 tablespoons butter unsalted

## Equipment

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

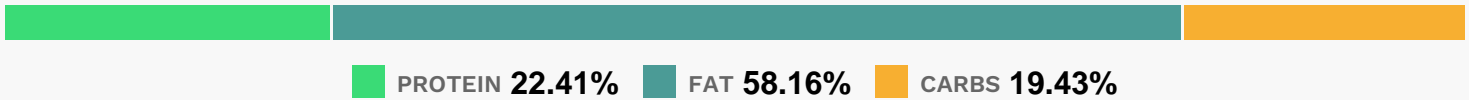
## Directions

- ☐ Preheat the oven to 37
- ☐ Spread the bread on 2 large baking sheets and bake in the upper and lower thirds of the oven for 10 minutes, or until golden and crisp; shift the pans from top to bottom and front to back halfway through.
- ☐ In a large enameled cast-iron casserole, melt the butter in the olive oil.
- ☐ Add the onion, celery and jalapeo and cook over moderate heat, stirring, until softened, 6 minutes.
- ☐ Add the Italian sausages and cook, breaking up any large pieces, until no longer pink, 8 minutes. Stir in the ham, andouille, thyme and salt and pepper.
- ☐ Transfer to a large bowl to cool.
- ☐ Add the Gruyere, Parmesan and bread to the meat. In another bowl, whisk the eggs, stock and half-and-half and add to the meat and bread mixture; toss until evenly mixed and moistened.

Cover the strata with plastic and refrigerate for at least 4 hours or overnight.

- ☐ Preheat the oven to 35
- ☐ Butter a 4-quart glass or ceramic baking dish.
- ☐ Transfer the strata to the prepared baking dish and smooth the surface. Butter a large sheet of foil and cover the baking dish with it.
- ☐ Bake the strata in the center of the oven for 30 minutes, or until barely set.
- ☐ Remove the foil and bake for 45 minutes longer, or until the strata is bubbling and the top is golden and crusty.
- ☐ Let cool for 15 minutes before serving
- ☐ Make Ahead: The baked strata can be kept at room temperature for up to 4 hours. Reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.48, Glycemic Load:13.38, Inflammation Score:-7, Nutrition Score:17.637391442838%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 516.8kcal (25.84%), Fat: 33.08g (50.89%), Saturated Fat: 13.33g (83.31%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 23.71g (8.62%), Sugar: 5.3g (5.89%), Cholesterol: 119.6mg (39.87%), Sodium: 1895.2mg (82.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.35%), Selenium: 33.27µg (47.52%), Vitamin B1: 0.7mg (46.68%), Phosphorus: 386.28mg (38.63%), Calcium: 327.68mg (32.77%), Vitamin B3: 6.27mg (31.36%), Vitamin B2: 0.49mg (28.99%), Zinc: 3.22mg (21.44%), Vitamin B6: 0.41mg (20.48%), Vitamin B12: 1.19µg (19.9%), Iron: 2.61mg (14.47%), Folate: 57.4µg (14.35%), Potassium: 452.35mg (12.92%), Manganese: 0.25mg (12.42%), Magnesium: 41.29mg (10.32%), Vitamin B5: 0.92mg (9.18%), Copper: 0.17mg (8.73%), Vitamin A: 419.69IU (8.39%), Vitamin D: 1.07µg (7.12%), Vitamin E: 0.97mg (6.46%), Vitamin C: 4mg (4.85%), Fiber: 1.16g (4.63%), Vitamin K: 4.25µg (4.05%)