



Ham, Cheese, and Mushroom Strata

READY IN



585 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 12 ounces finely-chopped ham cooked trimmed cut into 1/2-inch dice
- 1 pound crimini mushrooms trimmed quartered
- 0.3 cup dijon mustard
- 1 teaspoon thyme dried
- 12 large eggs
- 3.5 ounces gruyere cheese shredded
- 8 ounces bread crumbs french italian cut into 3/4-inch cubes (6 cups)
- 0.8 teaspoon kosher salt as needed plus more

- 1 cup onion yellow
- 3 tablespoons butter unsalted
- 2.5 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- toothpicks
- aluminum foil

Directions

- Melt the butter in a large frying pan over medium heat, add the onion, season with salt and pepper, and cook until softened, about 6 minutes.
- Add the mushrooms and thyme and cook, stirring rarely, until the mushrooms are lightly browned in spots and all of the moisture has evaporated, about 10 minutes.
- Remove the pan from the heat.
- Place the eggs in a large bowl and whisk until they're broken up.
- Add the milk, mustard, and measured salt and pepper and whisk to combine.
- Add the ham, bread, cheese, and sautéed mushroom mixture and stir to combine.
- Pour into a 13-by-9-inch baking dish and arrange into an even layer. Cover the dish with plastic wrap or aluminum foil and refrigerate overnight.
- Heat the oven to 350°F and arrange a rack in the middle. Meanwhile, remove the strata from the refrigerator and let it sit at room temperature.
- Remove the plastic wrap or aluminum foil from the strata and bake until a toothpick inserted into the center comes out clean, about 1 hour.

Remove the dish to a wire rack and let it cool for 10 minutes before serving.

Nutrition Facts

PROTEIN 22.85% **FAT 57.67%** **CARBS 19.48%**

Properties

Glycemic Index:16.13, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:23.156521631324%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 490.88kcal (24.54%), Fat: 31.53g (48.5%), Saturated Fat: 15.02g (93.88%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 21.77g (7.92%), Sugar: 14.73g (16.36%), Cholesterol: 344.12mg (114.71%), Sodium: 1157.38mg (50.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 53.13µg (75.89%), Vitamin B2: 0.9mg (53.05%), Phosphorus: 521.96mg (52.2%), Vitamin B12: 1.94µg (32.38%), Calcium: 289.26mg (28.93%), Vitamin B1: 0.43mg (28.59%), Vitamin B5: 2.79mg (27.89%), Vitamin B3: 5.18mg (25.91%), Zinc: 3.51mg (23.38%), Copper: 0.41mg (20.5%), Potassium: 711.69mg (20.33%), Vitamin B6: 0.39mg (19.38%), Folate: 74.85µg (18.71%), Vitamin D: 2.55µg (16.99%), Iron: 2.89mg (16.08%), Vitamin A: 790.5IU (15.81%), Vitamin C: 11.49mg (13.93%), Magnesium: 49.05mg (12.26%), Manganese: 0.22mg (11.11%), Fiber: 2.2g (8.79%), Vitamin E: 1.04mg (6.93%), Vitamin K: 3.74µg (3.56%)