



Ham, Gruyère and Spinach Strata

READY IN



73 min.

SERVINGS



30

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup ham diced
- ☐ 2 teaspoons dijon mustard
- ☐ 8 large eggs
- ☐ 1 clove garlic crushed
- ☐ 1 cup coarsely gruyère shredded
- ☐ 1.3 cups heavy cream
- ☐ 6 cups bread italian cubed (1-inch cubes)
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 cups onion diced finely

- ☐ 30 servings salt and pepper
- ☐ 10 ounce pkt spinach frozen dry thawed
- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups milk whole

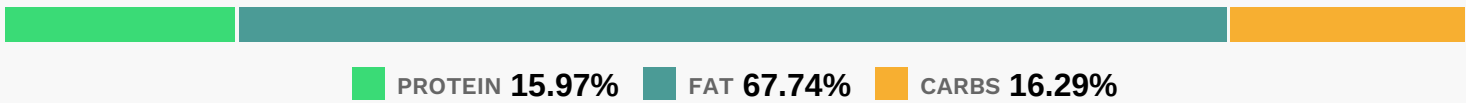
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Melt butter in a skillet over medium heat. Saut onion 6 minutes. Stir in spinach; remove from heat. In a bowl, whisk remaining ingredients through nutmeg.
- ☐ Rub a 9-by-13-inch baking dish with garlic; discard.
- ☐ Spread bread in dish; top with onion mixture and ham.
- ☐ Add milk mixture. Press into bread. Cover with foil; chill 2 hours or overnight.
- ☐ Preheat oven to 350F.
- ☐ Bake, covered, until set, about 30 minutes. Uncover, scatter with rest of cheese; bake 10 minutes. Move rack to highest position; preheat broiler to high. Broil until golden, about 3 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:6.5352173991825%

Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 9.99g (15.36%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.26g (3.62%), Cholesterol: 72.16mg (24.05%), Sodium: 333.02mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin K: 35.81µg (34.11%), Vitamin A: 1422.79IU (28.46%), Calcium: 88.96mg (8.9%), Selenium: 6.02µg (8.6%), Phosphorus: 81.76mg (8.18%), Vitamin B2: 0.14mg (8.15%), Folate: 26.43µg (6.61%), Vitamin B12: 0.27µg (4.55%), Manganese: 0.09mg (4.46%), Vitamin D: 0.61µg (4.05%), Vitamin E: 0.56mg (3.73%), Magnesium: 14.68mg (3.67%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.5mg (3.37%), Iron: 0.6mg (3.35%), Vitamin B5: 0.33mg (3.25%), Potassium: 111.41mg (3.18%), Fiber: 0.67g (2.68%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.35mg (1.75%), Vitamin C: 1.4mg (1.7%), Copper: 0.03mg (1.55%)