



Ham, Mushroom, and Gruyère Strata

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounces cremini mushrooms sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup egg substitute
- ☐ 1.7 cups milk fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 ounces gruyere cheese shredded
- ☐ 0.5 cup ham chopped reduced-fat
- ☐ 1 teaspoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups shallots thinly sliced
- ☐ 1 ounce bread white hearty cut into 1/2-inch cubes (9 cups)

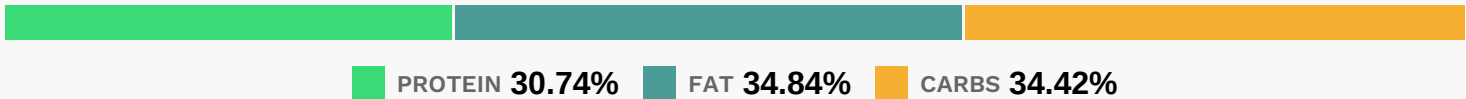
Equipment

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

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots; saut 3 minutes or until translucent.
- ☐ Add mushrooms, and saut 7 minutes or until mushrooms release moisture. Cool slightly. Stir in ham and parsley.
- ☐ Arrange half of bread in a 13 x 9-inch baking dish coated with cooking spray. Top bread with half of the mushroom mixture and 1/2 cup of shredded cheese. Repeat layers with remaining bread, mushroom mixture, and 1/2 cup cheese.
- ☐ Combine milk and next 4 ingredients (through pepper), stirring with a whisk; pour evenly over bread mixture. Cover with foil coated with cooking spray. Refrigerate for 8 hours.
- ☐ Preheat oven to 35
- ☐ Remove strata from refrigerator, and let stand at room temperature 15 minutes.
- ☐ Bake strata, covered, at 350 for 30 minutes. Uncover and bake an additional 20 minutes or until set and golden brown.
- ☐ Sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:3.97, Inflammation Score:-6, Nutrition Score:15.70217391719%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 167.16kcal (8.36%), Fat: 6.68g (10.28%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.92g (4.7%), Sugar: 7.75g (8.61%), Cholesterol: 20.14mg (6.71%), Sodium: 396.08mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Selenium: 34.35µg (49.07%), Vitamin K: 31.79µg (30.28%), Vitamin B2: 0.51mg (29.89%), Phosphorus: 268.99mg (26.9%), Calcium: 252.61mg (25.26%), Vitamin B5: 1.68mg (16.85%), Potassium: 571.93mg (16.34%), Vitamin B6: 0.33mg (16.31%), Copper: 0.32mg (15.88%), Vitamin B12: 0.93µg (15.53%), Vitamin B1: 0.21mg (14.3%), Zinc: 2.13mg (14.2%), Vitamin B3: 2.68mg (13.38%), Manganese: 0.24mg (12.14%), Folate: 41.73µg (10.43%), Iron: 1.68mg (9.36%), Vitamin A: 450.26IU (9.01%), Magnesium: 33.35mg (8.34%), Fiber: 1.93g (7.72%), Vitamin D: 1.15µg (7.68%), Vitamin C: 6.2mg (7.51%), Vitamin E: 0.72mg (4.77%)