



Ham, Spinach and Cheese Strata

READY IN



350 min.

SERVINGS



12

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 9 oz spinach frozen thawed
- ☐ 2 medium bell pepper red cut into strips
- ☐ 1 cup leek sliced
- ☐ 3 cups finely-chopped ham diced cooked
- ☐ 8 oz cheddar cheese shredded
- ☐ 9 oz bread french cut into 1-inch cubes (6 cups)
- ☐ 7 eggs
- ☐ 1.5 cups milk

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz pizza cheese shredded italian

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add spinach, bell peppers and leeks; cook 4 to 5 minutes, stirring frequently, until crisp-tender.
- ☐ Remove from heat.
- ☐ In baking dish, layer ham, spinach mixture, 1 cup of the Cheddar cheese and the bread. In large bowl, beat eggs, milk, mustard and pepper with wire whisk until blended; pour over bread.
- ☐ Sprinkle with remaining Cheddar cheese and the Italian cheese blend. Cover with foil; refrigerate at least 4 hours but no longer than 24 hours.
- ☐ Heat oven to 325°F.
- ☐ Bake loosely covered 40 minutes. Uncover; bake about 30 minutes longer or until top is golden brown and knife inserted in center comes out clean.

Nutrition Facts



 PROTEIN **27.45%**  FAT **51.41%**  CARBS **21.14%**

Properties

Glycemic Index:22.79, Glycemic Load:9.73, Inflammation Score:-10, Nutrition Score:22.313478034476%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 317.91kcal (15.9%), Fat: 18.42g (28.34%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.33g (5.58%), Sugar: 3.89g (4.32%), Cholesterol: 142.44mg (47.48%), Sodium: 704.61mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.27%), Vitamin K: 84.48µg (80.46%), Vitamin A: 3658.28IU (73.17%), Vitamin C: 34.04mg (41.26%), Selenium: 27.28µg (38.97%), Phosphorus: 292.92mg (29.29%), Vitamin B2: 0.47mg (27.58%), Calcium: 270.76mg (27.08%), Vitamin B1: 0.37mg (24.75%), Folate: 87.85µg (21.96%), Manganese: 0.36mg (17.92%), Vitamin B12: 0.99µg (16.55%), Zinc: 2.19mg (14.58%), Vitamin B6: 0.28mg (14.16%), Iron: 2.22mg (12.34%), Vitamin B3: 2.43mg (12.15%), Magnesium: 45.76mg (11.44%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 1mg (10.02%), Potassium: 332.22mg (9.49%), Fiber: 1.71g (6.84%), Copper: 0.13mg (6.72%), Vitamin D: 0.96µg (6.41%)