



Holly's Broccoli Ham and Cheese Strata

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz broccoli thawed drained chopped
- ☐ 0.5 teaspoon cayenne powder
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup ham cooked chopped
- ☐ 5 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon mustard prepared
- ☐ 0.3 cup onion chopped

- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 tomatoes peeled seeded chopped
- ☐ 14 slices wheat bread white trimmed

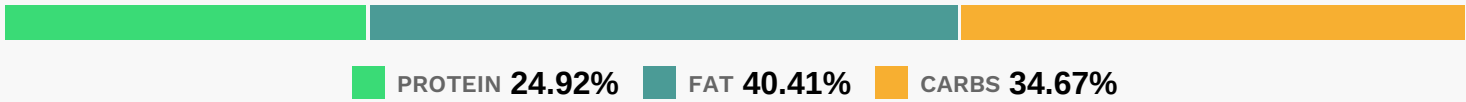
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Butter a 13"x9" baking dish.
- ☐ Layer 7 slices of bread on bottom of dish.
- ☐ Sprinkle half of cheese over bread slices. Next, layer thawed chopped broccoli, onion, ham and tomato over cheese. Top with remaining cheese and bread slices.
- ☐ In a mixing bowl, combine remaining ingredients; beat well.
- ☐ Pour egg mixture over layered ingredients in baking dish. Cover and refrigerate at least 3 hours or overnight.
- ☐ Bake, uncovered, at 350 for 40 to 50 minutes, or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:37.59, Glycemic Load:14.36, Inflammation Score:-7, Nutrition Score:21.819565130317%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin:

2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 316.75kcal (15.84%), Fat: 14.3g (22%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 23.42g (8.52%), Sugar: 5.77g (6.42%), Cholesterol: 139.29mg (46.43%), Sodium: 885.58mg (38.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Manganese: 1.17mg (58.46%), Selenium: 31.82µg (45.46%), Vitamin C: 37.48mg (45.43%), Vitamin K: 42.04µg (40.03%), Phosphorus: 372.83mg (37.28%), Calcium: 322.24mg (32.22%), Vitamin B2: 0.44mg (26.15%), Vitamin B1: 0.34mg (22.95%), Zinc: 2.69mg (17.92%), Fiber: 4.2g (16.78%), Vitamin A: 837.56IU (16.75%), Magnesium: 65.33mg (16.33%), Folate: 64.2µg (16.05%), Vitamin B6: 0.32mg (15.9%), Vitamin B3: 3.09mg (15.45%), Vitamin B12: 0.92µg (15.26%), Vitamin B5: 1.36mg (13.64%), Potassium: 446.08mg (12.75%), Iron: 2.23mg (12.38%), Copper: 0.18mg (9.22%), Vitamin D: 1.18µg (7.87%), Vitamin E: 1.14mg (7.57%)