



Light Vegetable Cheese Strata

READY IN



45 min.

SERVINGS



8

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 egg whites lightly beaten
- ☐ 2 eggs beaten
- ☐ 6 cups bread french cubed
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup bell pepper diced green
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 teaspoon butter reduced-calorie
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 2.5 cups skim milk
- ☐ 1 cup zucchini diced

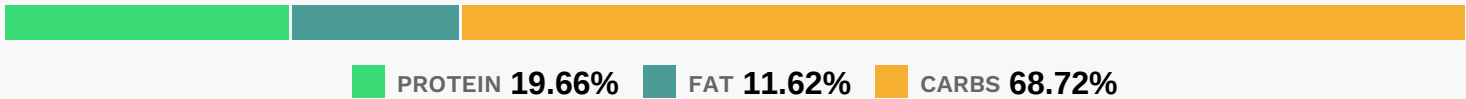
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray.
- ☐ Add margarine, and place over medium-high heat until margarine melts.
- ☐ Add shallots and garlic; saute until tender.
- ☐ Add mushrooms; saute 5 minutes or until tender.
- ☐ Add zucchini and green pepper; saute 5 minutes or until crisp-tender.
- ☐ Remove from heat, and set aside.
- ☐ Combine milk, eggs, egg whites, pepper, and salt in a large bowl. Stir in vegetable mixture, bread cubes, and cheeses.
- ☐ Pour mixture into a 13- x 9- x 2-inch baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 325 for 50 to 60 minutes or until lightly browned.
- ☐ Let stand 5 minutes.
- ☐ Cut into rectangles, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:72.57, Inflammation Score:-8, Nutrition Score:29.372173433718%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 573.63kcal (28.68%), Fat: 7.43g (11.43%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 98.87g (32.96%), Net Carbohydrates: 94.28g (34.28%), Sugar: 13.52g (15.03%), Cholesterol: 47.42mg (15.81%), Sodium: 1283.17mg (55.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Vitamin B1: 1.34mg (89.27%), Selenium: 62.01µg (88.59%), Vitamin B2: 1.07mg (62.93%), Folate: 235.02µg (58.76%), Manganese: 1.02mg (50.87%), Vitamin B3: 9.27mg (46.37%), Iron: 7.41mg (41.17%), Phosphorus: 368.63mg (36.86%), Calcium: 264.37mg (26.44%), Vitamin C: 18.32mg (22.21%), Magnesium: 77.64mg (19.41%), Fiber: 4.6g (18.4%), Zinc: 2.75mg (18.35%), Vitamin B6: 0.35mg (17.62%), Copper: 0.35mg (17.41%), Potassium: 507.69mg (14.51%), Vitamin B5: 1.33mg (13.27%), Vitamin B12: 0.64µg (10.63%), Vitamin A: 380.03IU (7.6%), Vitamin D: 1.11µg (7.39%), Vitamin E: 0.62mg (4.12%), Vitamin K: 3.54µg (3.38%)