



Make-Ahead Philly Beef Strata

READY IN



560 min.

SERVINGS



8

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups bread french cubed (1-inch)
- 1 lb bell pepper frozen
- 0.5 lb pan drippings from roast beef preferably cooked thinly sliced cut into bite-sized strips (1 1/2 cups) (from deli)
- 8 oz monterrey jack cheese shredded
- 8 eggs
- 2.3 cups milk
- 2 tablespoons dijon mustard
- 0.5 teaspoon salt

0.5 teaspoon pepper

Equipment

bowl

oven

baking pan

aluminum foil

glass baking pan

Directions

Spray 13x9-inch (3-quart) glass baking dish or 3-quart oval casserole with cooking spray.

Spread 1/3 of the bread cubes in baking dish. Top evenly with 1/3 of the bell pepper and onion stir-fry and 1/3 of the beef.

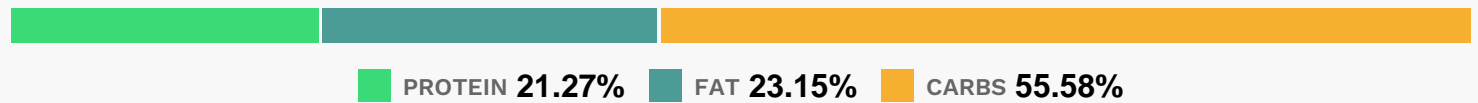
Sprinkle with 1/3 of the cheese. Repeat layers twice, ending with cheese.

In large bowl, beat eggs. Stir in all remaining ingredients; pour evenly over cheese. Cover tightly with foil; refrigerate at least 8 hours or overnight.

When ready to bake, heat oven to 350°F. Uncover baking dish; bake 40 to 50 minutes or until puffed, top is golden brown and center is set.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:84.83, Inflammation Score:-10, Nutrition Score:44.373478122379%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 824.28kcal (41.21%), Fat: 21.27g (32.73%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 114.94g (38.31%), Net Carbohydrates: 109g (39.64%), Sugar: 15.6g (17.34%), Cholesterol: 213.31mg (71.1%), Sodium: 2120.43mg (92.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.97%), Selenium: 81.37µg (116.24%), Vitamin B1: 1.58mg (105.38%), Vitamin C: 85.35mg (103.45%), Vitamin B2: 1.38mg (80.94%), Folate: 309.36µg (77.34%), Vitamin B3: 12.79mg (63.97%), Manganese: 1.2mg (60.19%), Phosphorus: 573.37mg (57.34%), Iron: 9.98mg (55.45%), Calcium: 514.54mg (51.45%), Vitamin A: 2345.37IU (46.91%), Zinc: 5.04mg (33.62%), Vitamin B6: 0.64mg (32.1%), Magnesium: 102.19mg (25.55%), Vitamin B12: 1.48µg (24.66%), Fiber: 5.94g (23.75%), Vitamin B5: 1.96mg (19.59%), Copper: 0.39mg (19.51%), Potassium: 635.16mg (18.15%), Vitamin E: 1.91mg (12.77%), Vitamin D: 1.8µg (12.03%), Vitamin K: 5.53µg (5.27%)