



Make-Ahead Turkey and Egg Strata

READY IN



555 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 4 cups bread crumbs italian crustless (day old bread is ideal)
- 1.5 tablespoons dijon mustard
- 6 eggs
- 1.5 tablespoons chives fresh minced
- 1.5 cups the salad such as spinach, chard or kale cooked
- 1.5 cups gruyere cheese shredded
- 6 servings kosher salt
- 1 cup milk

- 1.5 cups mushrooms cooked
- 1.5 cups turkey meat diced shredded

Equipment

- baking sheet
- oven
- whisk
- loaf pan
- baking pan
- casserole dish

Directions

- Grease a medium baking dish, 2-quart casserole dish or 2 smaller loaf pans. If using something shallow, layer twice; if deeper, layer three times if possible.
- Spread loose layer of bread cubes down and sprinkle greens, mushrooms, turkey, then cheese evenly over. Repeat 1 or 2 more times. Keep in mind strata will puff up so don't overfill vessel.
- Whisk together milk, chives, mustard, eggs, 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- Pour evenly over bread and vegetables; the bread and vegetables should not be submerged. Wrap tightly in plastic and refrigerate for 8 hours or up to 1 day.
- Preheat oven to 350 degrees F.
- Let strata come to room temperature, then set on baking sheet to catch any drips and bake until risen like a frittata and lightly golden on top, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:16.126087002132%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 376.61kcal (18.83%), Fat: 23.63g (36.36%), Saturated Fat: 12.14g (75.88%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.38g (4.5%), Sugar: 8.57g (9.53%), Cholesterol: 228.31mg (76.1%), Sodium: 662.99mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.42%), Selenium: 30.53µg (43.62%), Phosphorus: 430.43mg (43.04%), Calcium: 417.45mg (41.74%), Vitamin B2: 0.54mg (31.66%), Vitamin B12: 1.58µg (26.38%), Vitamin B3: 4.73mg (23.67%), Vitamin B6: 0.39mg (19.57%), Zinc: 2.88mg (19.19%), Vitamin B5: 1.69mg (16.93%), Vitamin A: 776.28IU (15.53%), Folate: 47.04µg (11.76%), Vitamin D: 1.64µg (10.96%), Potassium: 373.94mg (10.68%), Magnesium: 40.21mg (10.05%), Iron: 1.79mg (9.92%), Vitamin B1: 0.13mg (8.94%), Copper: 0.16mg (7.85%), Fiber: 1.1g (4.39%), Vitamin E: 0.62mg (4.16%), Manganese: 0.08mg (4.07%), Vitamin C: 3.27mg (3.97%), Vitamin K: 2.96µg (2.82%)