



WHATSheATE



Mediterranean Spinach Strata



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces asiago cheese divided grated
- ☐ 14 ounce baby spinach
- ☐ 0.5 teaspoon pepper black divided
- ☐ 16 ounce bread french 1-inch-thick cut into slices
- ☐ 2 tablespoons dijon mustard
- ☐ 4 large egg whites lightly beaten
- ☐ 5 large eggs lightly beaten
- ☐ 3 cups skim milk fat-free

- ☐ 4 ounce feta cheese crumbled
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 8 ounce mushrooms
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 pound plum tomatoes thinly sliced
- ☐ 0.5 teaspoon salt divided

Equipment

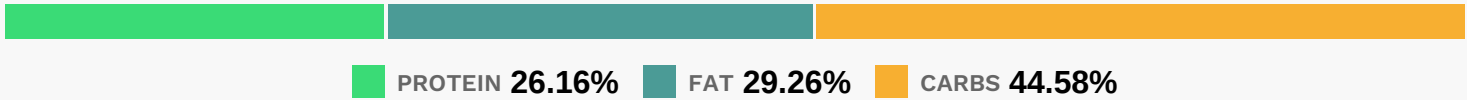
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Place bread slices in a single layer on a baking sheet.
- ☐ Bake at 350 for 12 minutes or until lightly browned.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, garlic, and mushrooms; saut 5 minutes or until tender.
- ☐ Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly.
- ☐ Add 1 bag of spinach; cook 3 minutes or until spinach wilts.
- ☐ Add remaining spinach; cook 3 minutes or until spinach wilts. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place half of bread slices in bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Spread spinach mixture over bread. Top with tomato slices; sprinkle evenly with feta and half of Asiago cheese. Arrange remaining bread slices over cheese.

- ☐ Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, milk, and remaining ingredients, stirring well with a whisk.
- ☐ Pour over bread; sprinkle with remaining Asiago cheese. Cover and chill 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover strata; bake at 350 for 40 minutes or until lightly browned and set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.89, Glycemic Load:14.65, Inflammation Score:-10, Nutrition Score:29.76565220045%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 291.35kcal (14.57%), Fat: 9.62g (14.8%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 28.91g (10.51%), Sugar: 9.12g (10.14%), Cholesterol: 111.08mg (37.03%), Sodium: 752.6mg (32.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.69%), Vitamin K: 200.09µg (190.56%), Vitamin A: 4507.84IU (90.16%), Manganese: 1.06mg (53.05%), Selenium: 32.51µg (46.45%), Vitamin B2: 0.69mg (40.86%), Calcium: 382.92mg (38.29%), Folate: 149.57µg (37.39%), Phosphorus: 346.84mg (34.68%), Vitamin C: 19.51mg (23.65%), Vitamin B1: 0.35mg (23.13%), Vitamin B3: 4.27mg (21.34%), Iron: 3.79mg (21.07%), Magnesium: 80.64mg (20.16%), Potassium: 697.27mg (19.92%), Vitamin B6: 0.37mg (18.46%), Vitamin B5: 1.64mg (16.4%), Fiber: 4.06g (16.23%), Vitamin B12: 0.96µg (16.06%), Zinc: 2.17mg (14.47%), Copper: 0.26mg (13.15%), Vitamin E: 1.51mg (10.08%), Vitamin D: 1.44µg (9.61%)