

Monte Cristo Strata







LUNCH

2 tablespoons tarragon plus more for garnish chopped

MAIN COURSE

MAIN DISH

DINNER

Ingredients

10 servings pepper black freshly ground
1 loaf bakery bread white sliced ()
10 servings butter softened
4 large eggs (large)
0.3 cup grainy mustard
3 cups gruyère cheese shredded
1 pound virginia ham thinly sliced
3 cups milk

Equipment	
	bowl
	baking paper
	oven
	whisk
	baking pan
	broiler
Directions	
	Preheat the oven to 375 and butter a 9-by-13-inch glass or ceramic baking dish. Arrange one-third of the bread in the bottom of the dish and spread with half of the mustard. Top with half of the ham, 1 tablespoon of the tarragon and one-third of the Gruyre cheese. Repeat the layering, leaving off the last layer of cheese.
	In a medium bowl, whisk the milk with the eggs and season generously with black pepper.
	Pour the custard evenly over the dish, pressing the bread to absorb the liquid. Pat the remaining cheese on top and cover with a sheet of buttered parchment paper.
	Bake the strata in the center of the oven for 30 to 35 minutes, until bubbling and browned around the edges.
	Remove the parchment and turn on the broiler. Broil for about 3 minutes, just until the top is golden and bubbling.
	Let rest for 10 minutes, then cut the strata into squares and serve.
Nutrition Facts	
PROTEIN 23.53% FAT 49.63% CARBS 26.84%	

Properties

Glycemic Index:29.68, Glycemic Load:25.6, Inflammation Score:-7, Nutrition Score:22.870869745379%

Nutrients (% of daily need)

Calories: 573.92kcal (28.7%), Fat: 31.45g (48.39%), Saturated Fat: 15.36g (95.98%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.3g (13.2%), Sugar: 7.46g (8.29%), Cholesterol: 165.62mg (55.21%), Sodium:

1303.25mg (56.66%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 33.55g (67.11%), Calcium: 669.36mg (66.94%), Selenium: 41.58μg (59.4%), Phosphorus: 539.48mg (53.95%), Vitamin B1: 0.71mg (47.05%), Vitamin B2: 0.59mg (34.77%), Manganese: 0.57mg (28.72%), Vitamin B3: 5.56mg (27.79%), Zinc: 3.85mg (25.69%), Vitamin B12: 1.51μg (25.09%), Folate: 94.64μg (23.66%), Iron: 3.66mg (20.33%), Vitamin B6: 0.38mg (19.21%), Vitamin A: 791.39IU (15.83%), Magnesium: 60.54mg (15.13%), Vitamin B5: 1.4mg (14%), Potassium: 432.91mg (12.37%), Vitamin D: 1.76μg (11.74%), Copper: 0.17mg (8.26%), Fiber: 1.96g (7.84%), Vitamin E: 0.81mg (5.39%), Vitamin K: 2.09μg (1.99%)