



Monte Cristo Strata

READY IN



60 min.

SERVINGS



10

CALORIES



574 kcal

LUNCH

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
- ☐ 2 tablespoons tarragon plus more for garnish chopped

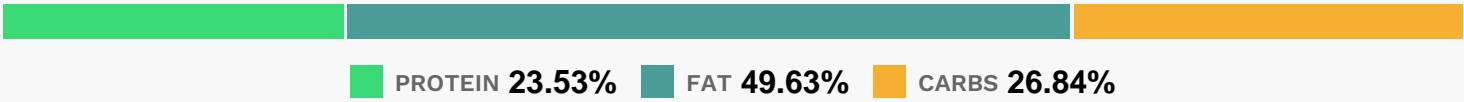
Equipment

- ☐ 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



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 %: 0% (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%)