



 **86%**  
HEALTH SCORE

## Mozzarella and Pesto Strata

 Very Healthy

READY IN



200 min.

SERVINGS



4

CALORIES



684 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 0.5 pound bread french (3/)
- 0.5 cup basil pesto
- 0.5 cup olives ripe sliced
- 1 cup roasted peppers red drained sliced (from 12-ounce jar)
- 8 ounces mozzarella cheese shredded
- 8 eggs
- 2 cups milk
- 0.3 teaspoon salt

- 0.1 teaspoon pepper
- 2 tablespoons parmesan shredded

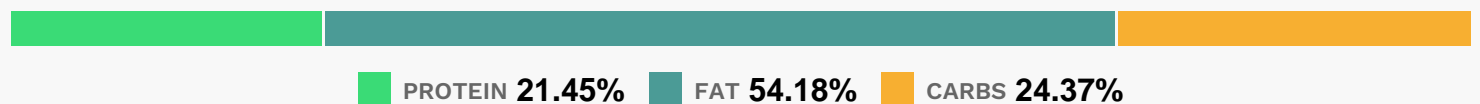
## Equipment

- oven
- knife
- baking pan

## Directions

- Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
- Spread one side of each bread slice with pesto. Arrange bread, pesto sides up, in bottom of baking dish, cutting slices to fit if necessary.
- Sprinkle with olives, bell peppers and mozzarella cheese.
- Beat eggs, milk, salt and pepper until well blended.
- Pour evenly over cheese in dish.
- Sprinkle with Parmesan cheese. Cover and refrigerate at least 2 hours but not longer than 24 hours.
- Heat oven to 325°F.
- Bake uncovered 55 to 60 minutes or until knife inserted in center comes out clean and top is golden brown.
- Let stand 5 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:51.13, Glycemic Load:25.21, Inflammation Score:-8, Nutrition Score:28.106086730957%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

## Nutrients (% of daily need)

Calories: 684.05kcal (34.2%), Fat: 41.12g (63.26%), Saturated Fat: 15.53g (97.09%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 38.88g (14.14%), Sugar: 10.5g (11.67%), Cholesterol: 390.97mg (130.32%), Sodium: 2085.81mg (90.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.25%), Selenium: 56.01µg (80.02%), Calcium: 618.16mg (61.82%), Vitamin B2: 0.99mg (58.42%), Phosphorus: 582.83mg (58.28%), Vitamin B12: 2.76µg (46.08%), Vitamin A: 1949.27IU (38.99%), Vitamin B1: 0.54mg (35.76%), Folate: 121.36µg (30.34%), Zinc: 4.02mg (26.8%), Iron: 4.58mg (25.43%), Vitamin D: 3.34µg (22.28%), Vitamin B5: 2.1mg (21.03%), Manganese: 0.41mg (20.42%), Vitamin C: 16.27mg (19.73%), Vitamin B6: 0.38mg (18.78%), Vitamin B3: 3.23mg (16.13%), Magnesium: 61.6mg (15.4%), Potassium: 475.22mg (13.58%), Vitamin E: 1.86mg (12.41%), Copper: 0.22mg (11.22%), Fiber: 2.74g (10.94%), Vitamin K: 2.71µg (2.58%)