



 **86%**
HEALTH SCORE

Mozzarella and Pesto Strata

 Very Healthy

READY IN



200 min.

SERVINGS



1

CALORIES



2736 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.5 cup basil pesto
- 8 eggs
- 0.5 pound bread french (3/)
- 2 cups milk
- 0.5 cup olives ripe sliced
- 2 tablespoons parmesan shredded
- 0.1 teaspoon pepper
- 1 cup roasted peppers red drained sliced (from 12-ounce jar)

- 0.3 teaspoon salt
- 8 ounces mozzarella cheese shredded

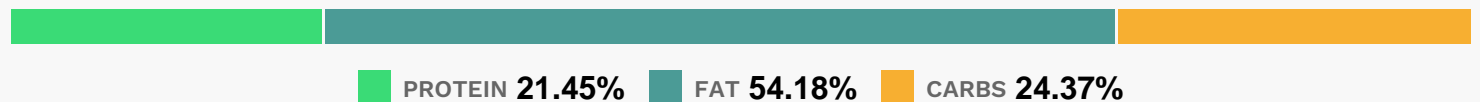
Equipment

- 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 325F.
- 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:204.5, Glycemic Load:100.86, Inflammation Score:-10, Nutrition Score:75.565651852152%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 2736.22kcal (136.81%), Fat: 164.49g (253.06%), Saturated Fat: 62.14g (388.35%), Carbohydrates: 166.45g (55.48%), Net Carbohydrates: 155.51g (56.55%), Sugar: 42g (46.67%), Cholesterol: 1563.89mg (521.3%), Sodium: 8343.23mg (362.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 146.5g (293%), Selenium: 224.05µg (320.07%), Calcium: 2472.62mg (247.26%), Vitamin B2: 3.97mg (233.69%), Phosphorus: 2331.33mg (233.13%), Vitamin B12: 11.06µg (184.32%), Vitamin A: 7797.08IU (155.94%), Vitamin B1: 2.15mg (143.05%), Folate: 485.44µg (121.36%), Zinc: 16.08mg (107.21%), Iron: 18.31mg (101.7%), Vitamin D: 13.37µg (89.1%), Vitamin B5: 8.41mg (84.11%), Manganese: 1.63mg (81.7%), Vitamin C: 65.1mg (78.91%), Vitamin B6: 1.5mg (75.13%), Vitamin B3: 12.9mg (64.52%), Magnesium: 246.4mg (61.6%), Potassium: 1900.87mg (54.31%), Vitamin E: 7.44mg (49.62%), Copper: 0.9mg (44.9%), Fiber: 10.94g (43.78%), Vitamin K: 10.85µg (10.33%)