



WHATSheATE



Mushroom, Bacon, and Swiss Strata

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 12 ounces ciabatta bread cut into 1-inch cubes (7 cups)
- ☐ 1.5 cups egg substitute
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 cups milk 1% low-fat
- ☐ 16 ounce mushrooms
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon salt

- ☐ 6 ounces swiss cheese shredded reduced-fat
- ☐ 8 bacon crumbled cooked

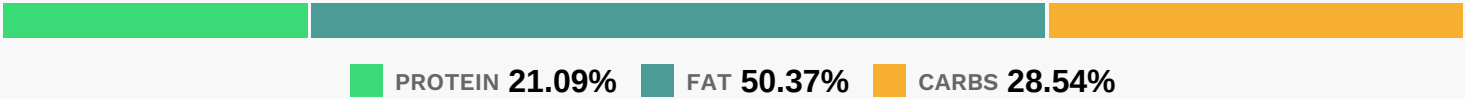
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange bread in a single layer on a jelly-roll pan.
- ☐ Bake at 350 for 20 minutes or until toasted.
- ☐ Place bread cubes in a large bowl.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and mushrooms to pan; saut 10 minutes or until liquid evaporates and vegetables are tender.
- ☐ Add onion mixture to bread; toss well to combine. Arrange half of bread mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with half of cheese and half of bacon; top with remaining bread mixture, cheese, and bacon.
- ☐ Combine milk and next 4 ingredients (through salt), stirring with a whisk.
- ☐ Pour milk mixture over bread mixture. Cover and refrigerate 8 hours.
- ☐ Preheat oven to 35
- ☐ Remove strata from refrigerator; let stand at room temperature for 15 minutes.
- ☐ Bake strata, covered, at 350 for 30 minutes. Uncover and bake an additional 15 minutes or until set.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:1.36, Inflammation Score:0, Nutrition Score:16.915651995203%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 445.1kcal (22.26%), Fat: 25.1g (38.62%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 30.18g (10.97%), Sugar: 8.11g (9.01%), Cholesterol: 55.48mg (18.49%), Sodium: 709.77mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Selenium: 39.59µg (56.56%), Vitamin B2: 0.63mg (37.28%), Phosphorus: 359.37mg (35.94%), Calcium: 349.76mg (34.98%), Vitamin B12: 1.54µg (25.73%), Vitamin B5: 2.26mg (22.63%), Vitamin B3: 3.73mg (18.64%), Vitamin B1: 0.27mg (18.07%), Zinc: 2.55mg (17.01%), Vitamin B6: 0.33mg (16.64%), Potassium: 567.21mg (16.21%), Vitamin D: 1.95µg (13.01%), Copper: 0.24mg (11.81%), Vitamin A: 577.21IU (11.54%), Magnesium: 38.9mg (9.72%), Iron: 1.53mg (8.52%), Vitamin E: 1.11mg (7.41%), Fiber: 1.82g (7.27%), Folate: 28.47µg (7.12%), Vitamin C: 5.18mg (6.27%), Manganese: 0.11mg (5.67%), Vitamin K: 1.09µg (1.03%)