



Mushroom, Bacon, and Swiss Strata

READY IN



45 min.

SERVINGS



8

CALORIES



341 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 sprigs 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

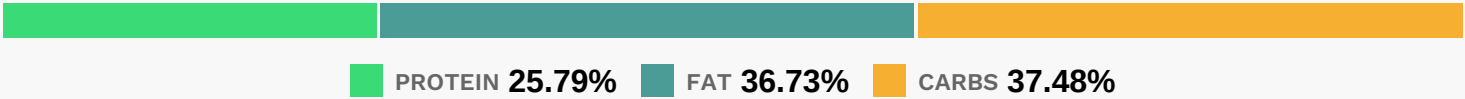
Equipment

- ☐ 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:23.25, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:15.526086916094%

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 Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 341.22kcal (17.06%), Fat: 14.04g (21.6%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 30.41g (11.06%), Sugar: 8.39g (9.33%), Cholesterol: 33.91mg (11.3%), Sodium: 620.07mg (26.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.37%), Selenium: 33.08µg (47.26%), Vitamin B2: 0.63mg (37.32%), Calcium: 364.15mg (36.42%), Phosphorus: 345.8mg (34.58%), Vitamin B5: 2.09mg (20.94%), Vitamin B12: 1.19µg (19.81%), Vitamin B3: 3.17mg (15.86%), Potassium: 547.99mg (15.66%), Vitamin B1: 0.23mg (15.62%), Zinc: 2.29mg (15.25%), Vitamin B6: 0.3mg (14.88%), Vitamin D: 1.92µg (12.77%), Copper: 0.23mg (11.31%), Magnesium: 37.85mg (9.46%), Vitamin A: 427.87IU (8.56%), Iron: 1.49mg (8.25%), Fiber: 1.82g (7.27%), Folate: 27.84µg (6.96%), Vitamin C: 5.18mg (6.27%), Vitamin E: 0.94mg (6.26%), Manganese: 0.11mg (5.54%)