



Mushroom Cheddar Strata

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 eggs beaten
- ☐ 1 pound mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup half-and-half
- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 10 ounces sharp cheddar cheese shredded

- ☐ 1 ounce bread white
- ☐ 1.5 cups milk whole

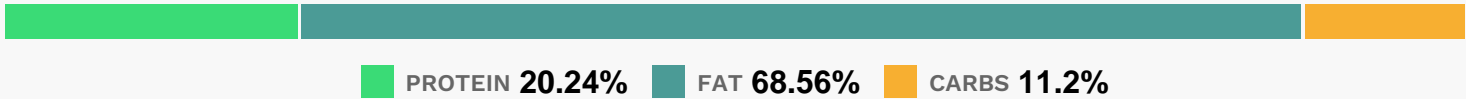
Equipment

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

Directions

- ☐ Saute shallots and garlic in margarine in a large skillet over medium-high heat until tender.
- ☐ Add mushrooms, and cook until mushrooms are tender.
- ☐ Remove from heat, and set aside.
- ☐ Combine milk, half-and-half, eggs, salt, and pepper in a large bowl.
- ☐ Remove crusts from bread, and reserve for another use.
- ☐ Cut bread slices into cubes, and add to milk mixture. Stir in mushroom mixture and cheese.
- ☐ Pour mixture into a greased 13- x 9- x 2-inch baking dish.
- ☐ Bake, uncovered, at 325 for 50 to 60 minutes or until lightly browned.
- ☐ Let stand 5 minutes.
- ☐ Cut into rectangles, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:13.031739172728%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 305.42kcal (15.27%), Fat: 23.64g (36.36%), Saturated Fat: 11.41g (71.29%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.16g (5.73%), Cholesterol: 133.35mg (44.45%), Sodium: 513.8mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.4%), Calcium: 364.22mg (36.42%), Vitamin B2: 0.62mg (36.36%), Selenium: 24.8µg (35.43%), Phosphorus: 336.95mg (33.7%), Vitamin A: 843.38IU (16.87%), Vitamin B5: 1.62mg (16.24%), Vitamin B12: 0.9µg (15.06%), Zinc: 2.23mg (14.88%), Vitamin B3: 2.34mg (11.7%), Copper: 0.22mg (10.98%), Potassium: 363.57mg (10.39%), Vitamin B6: 0.18mg (9.05%), Vitamin D: 1.27µg (8.46%), Folate: 33.19µg (8.3%), Vitamin B1: 0.12mg (8.03%), Magnesium: 27.67mg (6.92%), Vitamin E: 0.77mg (5.16%), Iron: 0.9mg (5.02%), Manganese: 0.08mg (4.07%), Fiber: 0.75g (3.01%), Vitamin C: 1.79mg (2.17%), Vitamin K: 1.58µg (1.51%)