



Overnight Artichoke-and-Ham Strata

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 3 muffins split english quartered
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 large garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 4 ounces ham lean chopped

- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 1 tablespoon stick margarine melted

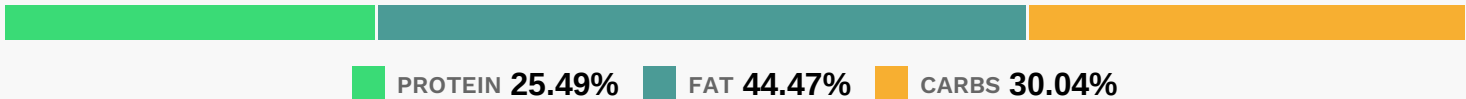
Equipment

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

Directions

- ☐ Arrange muffin pieces, crust sides down, in an 8-inch square baking dish coated with cooking spray; drizzle with butter. Arrange ham and next 4 ingredients (ham through garlic) over muffin pieces.
- ☐ Combine nutmeg and remaining ingredients in a bowl; stir well with a whisk.
- ☐ Pour over muffin mixture. Cover; chill 8 hours or overnight.
- ☐ Preheat oven to 37
- ☐ Uncover strata; bake at 375 for 50 minutes or until set.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:9.49, Inflammation Score:-4, Nutrition Score:10.9947826966%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 306.56kcal (15.33%), Fat: 14.83g (22.81%), Saturated Fat: 6.57g (41.03%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 20.68g (7.52%), Sugar: 6.53g (7.26%), Cholesterol: 127.59mg (42.53%), Sodium: 898.73mg

(39.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Phosphorus: 314.54mg (31.45%), Calcium: 295.62mg (29.56%), Vitamin B2: 0.49mg (28.62%), Selenium: 18.92µg (27.03%), Vitamin B1: 0.21mg (14.02%), Zinc: 1.69mg (11.24%), Vitamin B5: 1.05mg (10.47%), Potassium: 343.43mg (9.81%), Vitamin B12: 0.58µg (9.6%), Vitamin A: 476.18IU (9.52%), Vitamin B6: 0.18mg (9.23%), Magnesium: 33.1mg (8.28%), Folate: 29.87µg (7.47%), Manganese: 0.15mg (7.43%), Fiber: 1.85g (7.41%), Vitamin B3: 1.48mg (7.4%), Iron: 1.1mg (6.09%), Vitamin D: 0.74µg (4.91%), Copper: 0.09mg (4.64%), Vitamin E: 0.52mg (3.48%), Vitamin C: 2.16mg (2.62%), Vitamin K: 2.73µg (2.6%)