



## Overnight Egg & Cheese Strata

READY IN



45 min.

SERVINGS



2

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 to 8 asparagus stalks
- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings butter for greasing the baking dish
- ☐ 1 tbsp chives snipped finely
- ☐ 2 large eggs lightly beaten
- ☐ 8 oz fontina grated
- ☐ 4 slices mortadella thin
- ☐ 4 slices multigrain artisan bread thick hearty
- ☐ 2 servings sea salt

☐ 1 cup milk whole

## Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ plastic wrap

☐ baking pan

## Directions

☐ Preheat the oven to 350°F/180°C/gas

☐ Butter a small 4-cup/960-ml ovenproof baking dish.

☐ Remove the crusts from the bread and cut into slices; you should have about 3 cups.

☐ Lay the slices across the baking dish, slightly overlapping and allowing some edges to hang over the sides.

☐ Whisk together the eggs and milk in a large bowl. Stir in half of the cheese and season with salt and pepper.

☐ Pour three-fourths of the egg mixture over the bread cubes.

☐ Peel the bottom half of the asparagus and break off the stem ends where it snaps naturally. Discard any woody stems.

☐ Layer the mortadella over the bread and top with asparagus spears.

☐ Pour the remaining egg mixture over the top and finish with the remaining cheese. At this point, you can bake the strata immediately, or cover with plastic wrap/cling film and refrigerate overnight for a surprise breakfast in bed.

☐ Bake the strata until just set, 30 to 35 minutes.

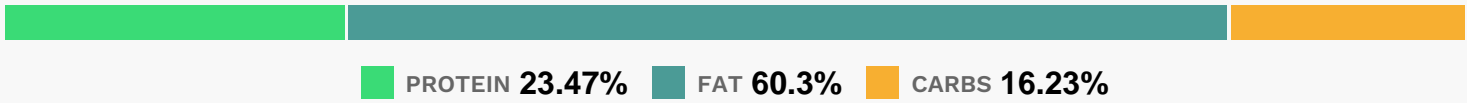
☐ Let cool slightly, sprinkle the top with chopped chives, and serve in the baking dish.

☐ P.S. Double this recipe easily for a large crowd, and watch it disappear at every New Year's Brunch or potluck.

☐ Bake for 1 hour in a 9-by-13-in/23-by-33 cm pan.

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Nutrition Facts



Properties

Glycemic Index:146.85, Glycemic Load:17.42, Inflammation Score:-8, Nutrition Score:33.533477721007%

Flavonoids

Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 840.93kcal (42.05%), Fat: 56.39g (86.76%), Saturated Fat: 30.74g (192.1%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 29.72g (10.81%), Sugar: 11.21g (12.46%), Cholesterol: 353.49mg (117.83%), Sodium: 1609.43mg (69.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.4g (98.79%), Calcium: 908.49mg (90.85%), Phosphorus: 783.53mg (78.35%), Selenium: 52.95µg (75.64%), Manganese: 1.33mg (66.34%), Vitamin B12: 3.1µg (51.62%), Vitamin B2: 0.81mg (47.38%), Zinc: 6.56mg (43.75%), Vitamin A: 2064.24IU (41.28%), Vitamin K: 31.51µg (30.01%), Vitamin B1: 0.45mg (29.69%), Vitamin B5: 2.32mg (23.24%), Vitamin B6: 0.46mg (23.16%), Magnesium: 89.18mg (22.3%), Vitamin D: 3.09µg (20.58%), Iron: 3.7mg (20.55%), Folate: 80.53µg (20.13%), Vitamin B3: 3.94mg (19.71%), Fiber: 4.43g (17.72%), Potassium: 600.22mg (17.15%), Copper: 0.29mg (14.67%), Vitamin E: 1.93mg (12.84%), Vitamin C: 3.56mg (4.31%)