



Oysters Rockefeller Strata with Artichokes

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 4 slices bacon cut into small pieces
- ☐ 5 large eggs
- ☐ 1.5 cups fennel bulb chopped (2 bulbs)
- ☐ 0.8 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3.3 cups milk 1% low-fat
- ☐ 8 ounce standard oysters undrained

- ☐ 2 teaspoons paprika
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 1 cup part-skim ricotta cheese
- ☐ 0.5 cup onion red chopped
- ☐ 6 ounces ham smoked chopped
- ☐ 16 ounce sourdough bread baguette toasted cut into 1/2-inch slices and
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

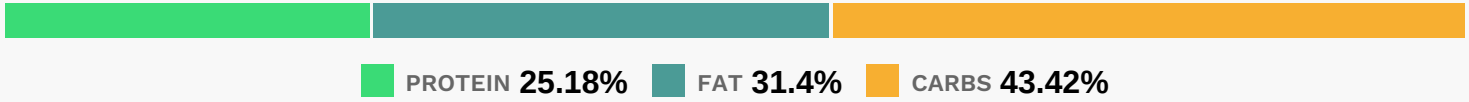
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Add fennel and onion to pan; saut 8 minutes or until soft.
- ☐ Remove bacon mixture from pan.
- ☐ Add undrained oysters to pan; cook 3 minutes or until edges of oysters begin to curl.
- ☐ Remove oysters from pan; discard cooking liquid. Chop oysters; add to bacon mixture. Stir in ham, parsley, and artichokes.
- ☐ Combine ricotta, nutmeg, red pepper, and 1 egg in a bowl; stir with a whisk until well-blended.
- ☐ Add 4 eggs; stir well. Stir in milk and spinach.
- ☐ Arrange half of toast in a single layer in a 13 x 9-inch baking dish coated with cooking spray. Spoon half of oyster mixture evenly over bread.
- ☐ Pour half of milk mixture over oyster mixture; repeat layers.
- ☐ Sprinkle with Parmesan and paprika. Cover; refrigerate 8 hours or overnight.

- ☐
- Preheat oven to 35
- ☐
- Uncover and bake at 350 for 45 minutes or until set.
- ☐
- Note: Fresh shucked oysters, which are often packaged in pop-top containers, come in three sizes; select, standard, and stewing. Standard are average size.

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:23.3, Inflammation Score:-10, Nutrition Score:30.773478383603%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 392.97kcal (19.65%), Fat: 13.73g (21.13%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 38.63g (14.05%), Sugar: 9.44g (10.49%), Cholesterol: 150.46mg (50.15%), Sodium: 1045.39mg (45.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.55%), Vitamin K: 235.67µg (224.45%), Vitamin A: 5418.44IU (108.37%), Selenium: 38.5µg (55%), Vitamin B2: 0.69mg (40.79%), Folate: 157.29µg (39.32%), Phosphorus: 390.89mg (39.09%), Vitamin B1: 0.55mg (36.95%), Calcium: 342.56mg (34.26%), Manganese: 0.64mg (31.77%), Iron: 4.64mg (25.77%), Zinc: 3.83mg (25.54%), Vitamin B12: 1.28µg (21.29%), Magnesium: 81.51mg (20.38%), Vitamin B3: 3.79mg (18.94%), Potassium: 634.25mg (18.12%), Copper: 0.34mg (16.8%), Fiber: 4.1g (16.42%), Vitamin B6: 0.31mg (15.36%), Vitamin C: 12.18mg (14.77%), Vitamin B5: 1.28mg (12.83%), Vitamin E: 1.89mg (12.63%), Vitamin D: 1.76µg (11.76%)