



Panzanella Strata

READY IN



815 min.

SERVINGS



8

CALORIES



951 kcal

SIDE DISH

Ingredients

- 6 cups torn bread white peasant-style stale chopped
- 8 servings butter for greasing and to dot the top
- 1 cherry italian thinly sliced finely chopped
- 1 pint cherry tomatoes
- 1 pint cup heavy whipping cream
- 8 eggs
- 0.3 cup evoo
- 1 handful basil leaves fresh sliced
- 0.3 cup flat parsley fresh chopped

- 2 cloves garlic thinly sliced
- 1.5 cups parmigiano-reggiano grated
- 2 cubanelle peppers
- 1 large bell pepper sweet red
- 1 onion red chopped
- 8 servings salt and pepper

Equipment

- frying pan
- oven
- whisk
- casserole dish

Directions

- Grease a casserole dish with some butter, set aside.
- Heat a large skillet over medium-high heat with the EVOO.
- Add the garlic, cubanelles, sweet peppers, onions and chiles, then stir. Cook to tender-crisp, 5 minutes.
- Add the tomatoes, and season with salt and pepper.
- Remove from the heat and cool.
- Whisk together the eggs, cream, half of the cheese, the parsley, basil and some salt and pepper.
- Arrange the bread and cooled vegetables in the casserole dish, it will mound up a bit.
- Pour the eggs over top of the casserole and top with the remaining cheese and a few dots of butter. Cover and chill overnight or a couple of days ahead.
- To serve, bring the casserole to room temperature. Then bake at 375 degrees F until cooked through, 1 hour to 1 hour 15 minutes.

Nutrition Facts



■ PROTEIN 14.33% ■ FAT 46.43% ■ CARBS 39.24%

Properties

Glycemic Index:47.71, Glycemic Load:46.35, Inflammation Score:-10, Nutrition Score:42.582608803459%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 950.75kcal (47.54%), Fat: 49.46g (76.09%), Saturated Fat: 22.85g (142.79%), Carbohydrates: 94.03g (31.34%), Net Carbohydrates: 85.18g (30.98%), Sugar: 16.16g (17.96%), Cholesterol: 254.02mg (84.67%), Sodium: 1454.66mg (63.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.69%), Manganese: 2.3mg (115.01%), Selenium: 71.18µg (101.68%), Vitamin C: 76.23mg (92.4%), Vitamin B1: 0.83mg (55.28%), Vitamin B3: 10.82mg (54.09%), Vitamin A: 2648.19IU (52.96%), Calcium: 528.12mg (52.81%), Phosphorus: 518.27mg (51.83%), Vitamin B2: 0.87mg (51.39%), Folate: 202.38µg (50.59%), Vitamin K: 52.96µg (50.43%), Iron: 8.23mg (45.7%), Fiber: 8.85g (35.39%), Vitamin B6: 0.54mg (26.95%), Magnesium: 105.24mg (26.31%), Vitamin B5: 2.58mg (25.82%), Zinc: 3.32mg (22.11%), Vitamin E: 3.3mg (21.97%), Copper: 0.39mg (19.65%), Potassium: 662.24mg (18.92%), Vitamin D: 1.92µg (12.8%), Vitamin B12: 0.72µg (12%)