



Pear and Gruyère Strata

READY IN



565 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 1 ounce cinnamon swirl bread cut in half diagonally (such as Pepperidge Farm)
- ☐ 1 cup egg substitute
- ☐ 6 tablespoons granulated sugar divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 ounces gruyère cheese shredded
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.5 cup maple syrup
- ☐ 4 cups concord pear peeled sliced

☐ 1 tablespoon sugar

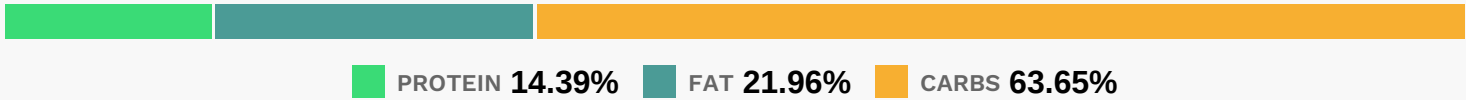
Equipment

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

Directions

- ☐ Combine pear, butter, and 1 tablespoon sugar in a large bowl; toss gently.
- ☐ Arrange half of bread in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Spoon pear mixture evenly over bread; top evenly with cheese. Arrange remaining bread over cheese.
- ☐ Combine the remaining 5 tablespoons granulated sugar, milk, egg substitute, and cinnamon, stirring with a whisk.
- ☐ Pour milk mixture over bread, pressing down to submerge. Cover and chill 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover dish.
- ☐ Sprinkle turbinado sugar evenly over bread.
- ☐ Bake at 350 for 55 minutes or until a knife inserted in center comes out clean.
- ☐ Let stand 10 minutes.
- ☐ Cut into 8 equal pieces; drizzle with syrup.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:16.02, Inflammation Score:-4, Nutrition Score:9.9617391513742%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 251.81kcal (12.59%), Fat: 6.31g (9.71%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 38.45g (13.98%), Sugar: 33.43g (37.14%), Cholesterol: 20.49mg (6.83%), Sodium: 201.26mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.61%), Vitamin B2: 0.51mg (30.01%), Manganese: 0.55mg (27.38%), Calcium: 254.16mg (25.42%), Selenium: 16.23µg (23.19%), Phosphorus: 166.85mg (16.69%), Fiber: 2.71g (10.86%), Vitamin B12: 0.6µg (10.01%), Zinc: 1.29mg (8.59%), Potassium: 293.9mg (8.4%), Vitamin B5: 0.79mg (7.92%), Vitamin D: 1.05µg (7.01%), Vitamin B1: 0.1mg (6.98%), Vitamin A: 340.34IU (6.81%), Magnesium: 25.83mg (6.46%), Vitamin B6: 0.1mg (5.2%), Iron: 0.91mg (5.05%), Vitamin E: 0.66mg (4.43%), Vitamin C: 3.62mg (4.39%), Copper: 0.09mg (4.29%), Folate: 16.54µg (4.13%), Vitamin K: 4.22µg (4.01%), Vitamin B3: 0.38mg (1.89%)