



Pear and Roquefort Strata

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bartlett pears cored peeled cut lengthwise into 1/4-inch-thick slices (4 cups)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.8 ounce sturdy bread white
- ☐ 4 large eggs
- ☐ 3 cups milk fat-free
- ☐ 2 cups mirin sweet
- ☐ 6 ounces roquefort blue crumbled
- ☐ 0.3 teaspoon salt

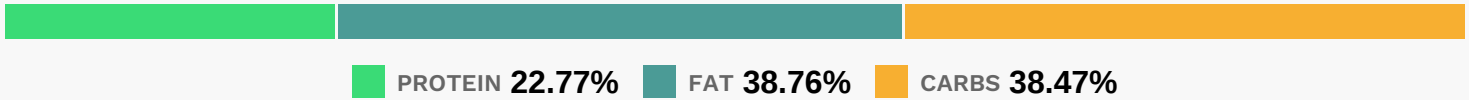
Equipment

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

Directions

- ☐ Coat a 13 x 9-inch baking dish with cooking spray. Arrange 5 bread slices in bottom of dish in a single layer.
- ☐ Pour 1 cup wine over bread.
- ☐ Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Top with 3/4 cup cheese. Arrange the pear slices over cheese; top with remaining bread, wine, salt, pepper, and cheese.
- ☐ Combine milk and eggs in a bowl; stir well with a whisk.
- ☐ Pour the milk mixture over the bread mixture.
- ☐ Let stand 20 minutes.
- ☐ Preheat oven to 42
- ☐ Cover strata and bake at 425 for 30 minutes. Uncover and bake an additional 25 minutes or until golden brown.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.3, Glycemic Load:5.84, Inflammation Score:-4, Nutrition Score:8.2230435247007%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg,

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.16kcal (10.01%), Fat: 7.11g (10.94%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 14.09g (5.12%), Sugar: 9.77g (10.86%), Cholesterol: 89.36mg (29.79%), Sodium: 338.89mg (14.73%), Alcohol: 4.94g (100%), Alcohol %: 2.89% (100%), Protein: 9.4g (18.79%), Calcium: 217.88mg (21.79%), Phosphorus: 204.27mg (20.43%), Vitamin B2: 0.29mg (16.81%), Selenium: 11.33µg (16.19%), Vitamin B12: 0.81µg (13.53%), Vitamin B5: 0.93mg (9.34%), Vitamin D: 1.29µg (8.62%), Potassium: 288.38mg (8.24%), Vitamin A: 403IU (8.06%), Zinc: 1.19mg (7.91%), Vitamin B6: 0.15mg (7.37%), Fiber: 1.78g (7.13%), Folate: 26.19µg (6.55%), Magnesium: 24.56mg (6.14%), Manganese: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.87%), Iron: 0.81mg (4.48%), Copper: 0.07mg (3.66%), Vitamin B3: 0.65mg (3.26%), Vitamin C: 2.35mg (2.85%), Vitamin K: 2.78µg (2.65%), Vitamin E: 0.33mg (2.19%)