



Pizza Strata

READY IN



81 min.

SERVINGS



10

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread loaf french italian cut into 1/2
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 6 large eggs
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 3 cups milk
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper

- ☐ 1 cup pimiento–stuffed olives coarsely chopped
- ☐ 4 ounces pancetta finely chopped
- ☐ 0.3 cup roasted bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mozzarella cheese shredded

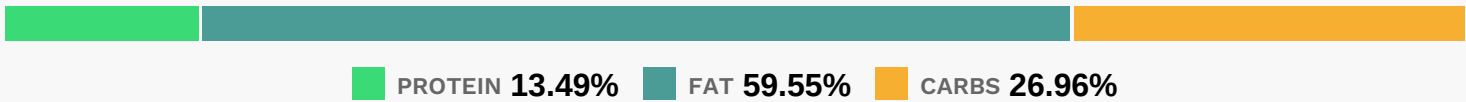
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Arrange bread cubes in a single layer on large baking sheets.
- ☐ Let stand 8 hours to dry.
- ☐ Spread half of bread cubes in a lightly greased 13" x 9" baking dish.
- ☐ Sprinkle prosciutto and next 3 ingredients evenly over bread cubes. Arrange remaining bread cubes evenly over Parmesan. Top with tomatoes, olives, and mozzarella cheese.
- ☐ Whisk together eggs and remaining 5 ingredients.
- ☐ Pour egg mixture evenly over bread cubes, pressing down cubes gently to absorb liquid; cover and chill 8 hours.
- ☐ Bake, uncovered, at 325 for 55 minutes or until set and top is browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:14.074782641038%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 477.76kcal (23.89%), Fat: 31.86g (49.02%), Saturated Fat: 15.08g (94.27%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 29.38g (10.68%), Sugar: 19.73g (21.92%), Cholesterol: 141.18mg (47.06%), Sodium: 902.73mg (39.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.48%), Vitamin K: 34.21µg (32.58%), Phosphorus: 254.93mg (25.49%), Selenium: 16.97µg (24.24%), Calcium: 238.88mg (23.89%), Vitamin B2: 0.37mg (21.5%), Vitamin B12: 1.04µg (17.42%), Vitamin B3: 3.21mg (16.05%), Vitamin A: 719.56IU (14.39%), Folate: 54.45µg (13.61%), Iron: 2.44mg (13.55%), Vitamin B1: 0.19mg (12.68%), Potassium: 440.21mg (12.58%), Fiber: 3.08g (12.32%), Zinc: 1.61mg (10.76%), Vitamin B6: 0.21mg (10.57%), Vitamin E: 1.54mg (10.25%), Vitamin D: 1.52µg (10.14%), Vitamin B5: 0.96mg (9.58%), Vitamin C: 7.88mg (9.55%), Magnesium: 37.53mg (9.38%), Copper: 0.13mg (6.67%), Manganese: 0.13mg (6.52%)