



Pumpkin and Cranberry Breakfast Strata

READY IN



340 min.

SERVINGS



8

CALORIES



385 kcal

SIDE DISH

Ingredients

- 7 cups unseasoned bread cubes
- 1.3 cup cranberries whole frozen
- 3 eggs
- 3 cups milk
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoon orange zest
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon nutmeg

- 0.5 cup brown sugar packed
- 1 teaspoon vanilla
- 0.8 teaspoon salt
- 1 vanilla yogurt fat free french 99% yoplait®
- 0.5 cup maple syrup

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- aluminum foil

Directions

- Spray 9-inch square baking dish with cooking spray.
- Spread half of the bread in baking dish; top with half of the cranberries. Repeat.
- In large bowl, beat eggs, milk, pumpkin, orange peel, cinnamon, ginger, nutmeg, brown sugar, vanilla and salt with whisk until well blended; pour over mixture in pan. Spray sheet of foil with cooking spray; place sprayed side down over pan. Cover; refrigerate at least 4 hours but no longer than 24 hours.
- Heat oven to 325°F.
- Bake covered 30 minutes. Uncover; bake 30 to 40 minutes longer or until top is golden brown and knife inserted in center comes out clean.
- Serve warm topped with yogurt and maple syrup.

Nutrition Facts



PROTEIN 11.3% FAT 15.76% CARBS 72.94%

Properties

Glycemic Index:31.65, Glycemic Load:19.68, Inflammation Score:-10, Nutrition Score:20.718695661296%

Flavonoids

Cyanidin: 7.25mg, Cyanidin: 7.25mg, Cyanidin: 7.25mg, Cyanidin: 7.25mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.68mg, Peonidin: 7.68mg, Peonidin: 7.68mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 385.45kcal (19.27%), Fat: 6.84g (10.52%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 71.21g (23.74%), Net Carbohydrates: 64.03g (23.28%), Sugar: 33.44g (37.16%), Cholesterol: 72.37mg (24.12%), Sodium: 624.74mg (27.16%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.03g (22.07%), Vitamin A: 4662.56IU (93.25%), Manganese: 1.42mg (71.11%), Vitamin B2: 0.65mg (38.14%), Selenium: 21.77µg (31.11%), Fiber: 7.18g (28.71%), Calcium: 241.68mg (24.17%), Phosphorus: 215.34mg (21.53%), Vitamin B1: 0.28mg (18.95%), Folate: 68.62µg (17.16%), Vitamin B5: 1.67mg (16.71%), Iron: 2.83mg (15.71%), Vitamin B3: 3.12mg (15.59%), Magnesium: 48.74mg (12.18%), Vitamin B6: 0.24mg (12%), Potassium: 384.13mg (10.98%), Vitamin B12: 0.64µg (10.69%), Zinc: 1.41mg (9.43%), Vitamin D: 1.34µg (8.91%), Copper: 0.14mg (7%), Vitamin C: 5.18mg (6.28%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.59µg (3.41%)