



## Salmon and Brie Breakfast Strata

READY IN



68 min.

SERVINGS



10

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce bread cubed
- 8 ounce round of président brie
- 8 large eggs
- 10 servings spring onion sliced
- 4 cups half and half
- 1 cup parmesan cheese freshly grated
- 8 ounces salmon smoked skinless hot
- 1 teaspoon lawry's seasoned salt

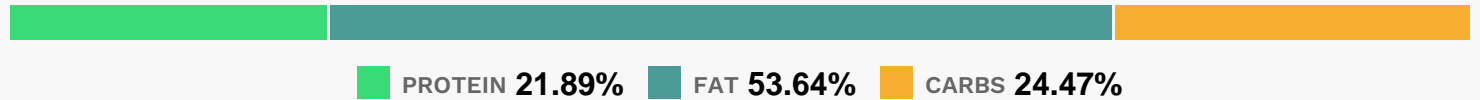
## Equipment

- oven
- whisk
- baking pan

## Directions

- Trim rind from Brie, if desired; cut cheese into cubes.
- Layer bread, Brie, salmon, and Parmesan in a lightly greased 13- x 9-inch baking dish.
- Whisk together eggs, half-and-half, and seasoned salt; pour evenly over salmon mixture. Cover and chill 8 hours.
- Bake, uncovered, at 350 for 55 minutes or until casserole is set.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.77, Glycemic Load:11.69, Inflammation Score:-6, Nutrition Score:20.098695433658%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 454.6kcal (22.73%), Fat: 27.06g (41.64%), Saturated Fat: 14.08g (88.01%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 25.81g (9.38%), Sugar: 6.99g (7.77%), Cholesterol: 219.28mg (73.09%), Sodium: 1059.37mg (46.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.71%), Selenium: 42.61µg (60.88%), Vitamin B2: 0.67mg (39.12%), Phosphorus: 375.13mg (37.51%), Vitamin D: 4.84µg (32.28%), Calcium: 319.76mg (31.98%), Vitamin B12: 1.79µg (29.81%), Manganese: 0.58mg (29.16%), Folate: 79.89µg (19.97%), Vitamin B3: 3.87mg (19.34%), Vitamin B1: 0.26mg (17.24%), Vitamin A: 859.89IU (17.2%), Vitamin B5: 1.66mg (16.56%), Zinc: 2.43mg (16.22%), Vitamin K: 16.74µg (15.94%), Iron: 2.82mg (15.68%), Vitamin B6: 0.29mg (14.74%), Magnesium: 46.4mg (11.6%), Potassium: 356.1mg (10.17%), Copper: 0.17mg (8.51%), Vitamin E: 1.19mg (7.95%), Fiber: 1.97g (7.88%), Vitamin C: 2.09mg (2.53%)