



Sausage, Cheese and Tomato Strata

READY IN



175 min.

SERVINGS



12

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb turkey sausage
- ☐ 8 slices bread whole wheat 100% cut into 1-inch cubes (7 cups)
- ☐ 8 oz gruyere cheese shredded
- ☐ 2 cups plum tomatoes chopped (Roma) (6 medium)
- ☐ 6 eggs
- ☐ 2 cups milk
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon salt

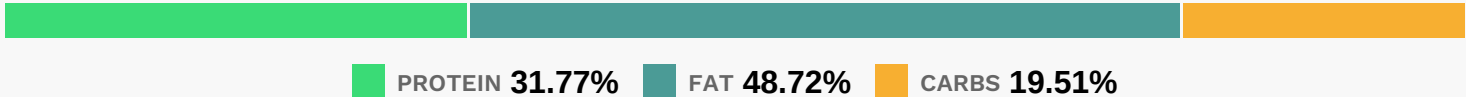
Equipment

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

Directions

- ☐ In 10-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink; drain.
- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Spread bread in baking dish.
- ☐ Spread cooked sausage evenly over bread.
- ☐ Sprinkle evenly with 1 1/2 cups of the cheese and the tomatoes.
- ☐ In medium bowl, beat eggs, milk, basil, mustard and salt with fork or wire whisk; pour over tomatoes.
- ☐ Sprinkle with remaining 1/2 cup cheese. Cover tightly; refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F. Uncover baking dish; bake 35 to 40 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:5.95, Inflammation Score:-5, Nutrition Score:13.440434704656%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 247.91kcal (12.4%), Fat: 13.33g (20.51%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.31g (3.75%), Sugar: 3.98g (4.42%), Cholesterol: 135.86mg (45.29%), Sodium: 597.95mg (26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.11%), Phosphorus: 316.27mg (31.63%), Calcium: 299.1mg (29.91%), Manganese: 0.48mg (24.12%), Selenium: 15.37µg (21.96%), Vitamin B12: 1.21µg (20.15%), Vitamin B2: 0.34mg (19.93%), Zinc: 2.76mg (18.38%), Vitamin B6: 0.32mg (15.76%), Vitamin B3: 2.89mg (14.46%), Vitamin A: 723.05IU (14.46%), Vitamin B5: 1.15mg (11.48%), Vitamin B1: 0.16mg (10.75%), Magnesium: 41.8mg (10.45%), Potassium: 351.48mg (10.04%), Iron: 1.61mg (8.93%), Vitamin K: 8.14µg (7.75%), Vitamin C: 6.28mg (7.61%), Folate: 28.45µg (7.11%), Fiber: 1.69g (6.77%), Vitamin D: 1µg (6.67%), Copper: 0.12mg (6.22%), Vitamin E: 0.69mg (4.59%)