



Sausage, Fontina, and Bell Pepper Strata

READY IN



115 min.

SERVINGS



10

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large eggs
- ☐ 2 cups coarsely fontina cheese loosely packed grated ()
- ☐ 2 cups green onions sliced
- ☐ 1 pound sausages italian hot
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 large bell pepper red halved seeded cut into 1/2-inch wide-strips
- ☐ 0.5 cup romano cheese finely grated
- ☐ 1 pound rustic bread french cut into 1/2-inch-thick slices
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup whipping cream
- ☐ 10.5 cups milk whole

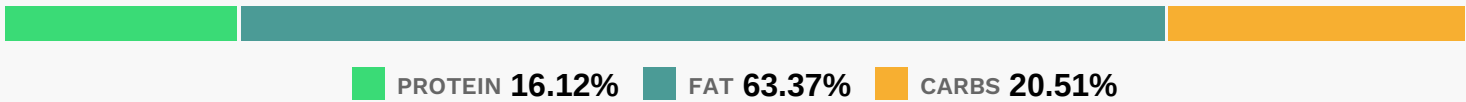
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Butter 13x9x2-inch ceramic or glass baking dish.
- ☐ Whisk first 7 ingredients in large bowl; sprinkle generously with pepper. Set aside.
- ☐ Place sausage in large nonstick skillet; push to 1 side.
- ☐ Add bell pepper to other side of skillet.
- ☐ Sauté acute; over high heat, breaking up sausage with fork, until sausage is cooked through and bell peppers are brown in spots, about 7 minutes.
- ☐ Arrange half of bread slices in prepared dish.
- ☐ Pour half of egg mixture over.
- ☐ Sprinkle with half of cheese, then half of sausage pepper mixture. Repeat layering.
- ☐ Let stand 20 minutes, occasionally pressing on bread to submerge.
- ☐ Bake strata until puffed and brown, about 1 hour. Cool slightly.
- ☐ Per serving: 549.86 (kcal) calories, 51.7 % calories from fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:26.306086830471%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 782.49kcal (39.12%), Fat: 55.26g (85.01%), Saturated Fat: 28.22g (176.37%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 37.35g (13.58%), Sugar: 28.44g (31.6%), Cholesterol: 226.09mg (75.36%), Sodium: 1034.61mg (44.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.25%), Calcium: 577.93mg (57.79%), Phosphorus: 548.75mg (54.87%), Vitamin K: 50.46µg (48.05%), Selenium: 30.42µg (43.46%), Vitamin B2: 0.74mg (43.39%), Vitamin B12: 2.58µg (43.03%), Vitamin A: 1743.65IU (34.87%), Vitamin B1: 0.51mg (33.87%), Vitamin C: 25.75mg (31.22%), Vitamin D: 3.79µg (25.28%), Zinc: 3.57mg (23.79%), Vitamin B6: 0.44mg (22.2%), Potassium: 773.82mg (22.11%), Vitamin B3: 4.17mg (20.85%), Vitamin B5: 1.89mg (18.88%), Folate: 71.43µg (17.86%), Magnesium: 63.66mg (15.91%), Iron: 2.86mg (15.89%), Fiber: 2.88g (11.51%), Vitamin E: 1.19mg (7.91%), Manganese: 0.15mg (7.52%), Copper: 0.1mg (4.78%)