



Sausage, Vegetable and Cheese Strata

READY IN



355 min.

SERVINGS



12

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound pork sausage
- ☐ 0.5 pound sausage meat hot
- ☐ 1 tablespoon butter
- ☐ 7 eggs
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 2 medium bell pepper green sliced
- ☐ 1 teaspoon ground mustard
- ☐ 1.5 cups milk low-fat
- ☐ 8 ounces cheddar cheese shredded reduced-fat

- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 10 slices sandwich bread white
- ☐ 1 pound zucchini sliced

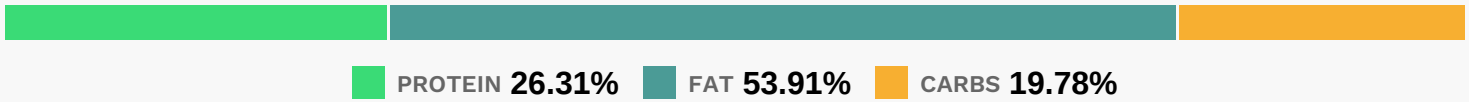
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Grease rectangular pan, 13x9x2 inches. Cook sausage in 12-inch skillet over medium heat 7 to 8 minutes, stirring occasionally, until no longer pink; drain. Melt butter in same skillet over medium-high heat. Cook spinach, zucchini, bell peppers and onion in butter about 5 minutes, stirring frequently, until zucchini is crisp-tender.
- ☐ Break each bread slice into 4 pieces.
- ☐ Layer sausage, vegetables and bread in pan. Beat eggs, milk, mustard, salt and pepper with hand beater or wire whisk until blended; pour over bread.
- ☐ Sprinkle cheeses over top. Cover and refrigerate at least 4 hours but no longer than 24 hours.
- ☐ Heat oven to 325F. Cover and bake 30 minutes. Uncover and bake about 45 minutes longer or until top is golden brown and knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:7.8, Inflammation Score:-9, Nutrition Score:22.978695682857%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 340.3kcal (17.01%), Fat: 20.35g (31.3%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 14.72g (5.35%), Sugar: 4.94g (5.49%), Cholesterol: 143.07mg (47.69%), Sodium: 848.2mg (36.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Vitamin K: 92.01µg (87.62%), Vitamin A: 3353.49IU (67.07%), Phosphorus: 348.5mg (34.85%), Calcium: 314.68mg (31.47%), Vitamin C: 24.97mg (30.26%), Selenium: 21.18µg (30.25%), Vitamin B2: 0.45mg (26.32%), Folate: 86.91µg (21.73%), Manganese: 0.42mg (21.23%), Vitamin B12: 1.25µg (20.91%), Vitamin B1: 0.3mg (20.06%), Vitamin B6: 0.37mg (18.52%), Zinc: 2.66mg (17.76%), Vitamin B3: 3.26mg (16.28%), Iron: 2.43mg (13.5%), Magnesium: 52.56mg (13.14%), Potassium: 458.64mg (13.1%), Vitamin B5: 1.06mg (10.6%), Vitamin D: 1.42µg (9.49%), Vitamin E: 1.29mg (8.61%), Fiber: 2.08g (8.31%), Copper: 0.15mg (7.43%)