



Savory Bread Strata

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

Ingredients

- 0.5 teaspoon pepper black
- 8 servings butter for the baking dish
- 4 large eggs
- 1 teaspoon thyme leaves fresh chopped
- 2 cloves garlic finely chopped
- 4 ounces gruyere cheese grated
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil
- 2 bell peppers red seeded thinly sliced
- 0.5 pound bread whole-wheat white sliced ()

- 2 cups milk whole
- 1 medium onion yellow thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 350 F. If the bread is fresh, place it on a baking sheet and transfer to the heating oven until lightly toasted, about 10 minutes.
- Heat the oil in a large skillet over medium heat.
- Add the bell peppers and onion and cook, stirring occasionally, for 10 minutes.
- Add the garlic, thyme, 1 teaspoon of the salt, and 1/2 teaspoon of the pepper. Cook for 1 minute.
- Remove from heat; set aside. Butter a 2-quart casserole and place it on a foil-lined baking sheet.
- Place the bread in the prepared dish, overlapping the slices slightly.
- Spread the pepper-onion mixture over the bread.
- Sprinkle with 1/2 cup of the Gruyre. In a small bowl, lightly beat the eggs, milk, and the remaining salt and pepper.
- Pour the egg mixture over the layers in the casserole.
- Sprinkle with the remaining Gruyre.
- Bake, uncovered, until the strata is puffed and browned, 30 to 40 minutes. In Advance: Assemble the strata but do not bake it. Cover and refrigerate for up to 24 hours.
- Bake as directed, adding 5 to 10 minutes to the cooking time.

Nutrition Facts



■ PROTEIN 17.35% ■ FAT 54.46% ■ CARBS 28.19%

Properties

Glycemic Index:41.1, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:14.350000039391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 289.14kcal (14.46%), Fat: 17.6g (27.07%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 18.91g (6.87%), Sugar: 6.44g (7.15%), Cholesterol: 126.66mg (42.22%), Sodium: 765.28mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin C: 39.73mg (48.16%), Calcium: 301.69mg (30.17%), Vitamin A: 1437.81IU (28.76%), Selenium: 17.73µg (25.33%), Phosphorus: 243.43mg (24.34%), Vitamin B2: 0.34mg (19.94%), Folate: 61.24µg (15.31%), Vitamin B1: 0.22mg (14.72%), Manganese: 0.26mg (13.23%), Vitamin B12: 0.79µg (13.12%), Vitamin B6: 0.23mg (11.55%), Zinc: 1.49mg (9.95%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.97mg (9.66%), Iron: 1.66mg (9.24%), Vitamin B3: 1.77mg (8.84%), Vitamin D: 1.26µg (8.37%), Potassium: 261.01mg (7.46%), Magnesium: 28.93mg (7.23%), Fiber: 1.59g (6.37%), Vitamin K: 4.88µg (4.65%), Copper: 0.07mg (3.72%)