



## Savory Roasted-Vegetable Strata



Vegetarian



Gluten Free

READY IN



605 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup milk
- ☐ 1 teaspoon rosemary dried crumbled
- ☐ 1 clove garlic finely chopped
- ☐ 5 small mushrooms fresh white sliced
- ☐ 1 medium bell pepper red sliced
- ☐ 1 medium bell pepper green yellow sliced
- ☐ 1 small zucchini thinly sliced
- ☐ 2 tablespoons vegetable oil

- ☐ 4 eggs
- ☐ 3 cups milk
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup spring onion sliced
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 3.3 cups frangelico

## Equipment

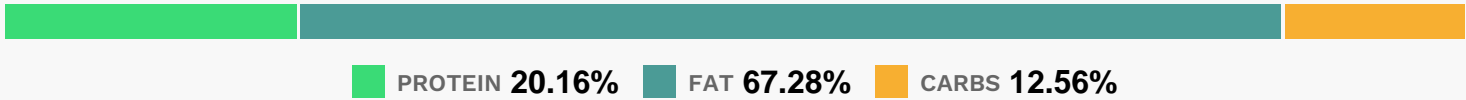
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 450°F. In large bowl, stir biscuit ingredients until soft dough forms. Drop dough by heaping tablespoonfuls onto ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden. Meanwhile, in ungreased 15x10- or 13x9-inch pan, toss roasted vegetable ingredients until evenly coated with oil; arrange in single layer.
- ☐ After removing biscuits from oven, bake vegetables 15 to 20 minutes, stirring occasionally, until crisp-tender. Cover vegetables; refrigerate until needed. Meanwhile, in large bowl, beat eggs, milk, oil and pepper with wire whisk or electric mixer on low speed until blended.
- ☐ Break biscuits into random-sized pieces; spread in ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ Pour egg mixture over biscuits.

- ☐
- Sprinkle with onions and cheese. Cover; refrigerate at least 8 hours but no longer than 24 hours.
- ☐
- When ready to bake, heat oven to 350°F. Stir biscuit mixture in dish. Top with vegetables.
- ☐
- Bake 1 hour 10 minutes to 1 hour 25 minutes or until top is golden brown and knife inserted in center comes out clean.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:9.9034782077955%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 189.65kcal (9.48%), Fat: 14.37g (22.1%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.36g (1.95%), Sugar: 5.14g (5.72%), Cholesterol: 81.14mg (27.05%), Sodium: 167.57mg (7.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 9.69g (19.37%), Vitamin C: 23.38mg (28.34%), Calcium: 256.93mg (25.69%), Phosphorus: 209.18mg (20.92%), Vitamin K: 19.64µg (18.71%), Vitamin B2: 0.29mg (17.3%), Vitamin A: 765.88IU (15.32%), Selenium: 9.27µg (13.25%), Vitamin B12: 0.73µg (12.14%), Vitamin D: 1.31µg (8.73%), Vitamin B6: 0.17mg (8.36%), Zinc: 1.2mg (8.01%), Potassium: 249.54mg (7.13%), Vitamin B5: 0.7mg (6.99%), Vitamin E: 0.85mg (5.63%), Magnesium: 22.15mg (5.54%), Folate: 21.65µg (5.41%), Vitamin B1: 0.08mg (5.07%), Manganese: 0.08mg (4.21%), Iron: 0.61mg (3.4%), Fiber: 0.68g (2.7%), Copper: 0.05mg (2.53%), Vitamin B3: 0.48mg (2.4%)