



Shrimp and Artichoke Strata

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts coarsely chopped canned
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups unseasoned bread cubes soft
- 8 ounce cream cheese cubed
- 6 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 0.3 cup milk
- 1 tablespoon olive oil

- 1 small onion chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.5 pound shrimp deveined cooked peeled coarsely chopped

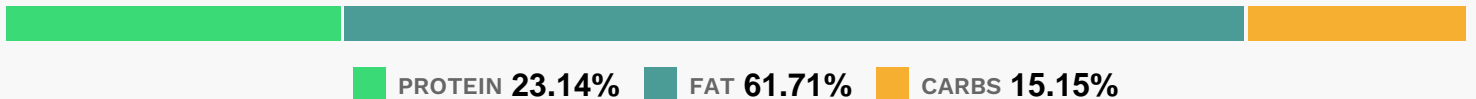
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and next 3 ingredients; cook 3 minutes or until vegetables are tender.
- Combine eggs and next 3 ingredients in a large bowl. Stir in vegetable mixture, shrimp, and next 3 ingredients.
- Pour mixture into a greased 11- x 7-inch baking dish.
- Bake at 350 for 45 minutes or until golden brown.
- Let stand 5 minutes.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:50.61, Glycemic Load:5.07, Inflammation Score:-8, Nutrition Score:17.904782668404%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 407.1kcal (20.36%), Fat: 27.87g (42.88%), Saturated Fat: 13.56g (84.75%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 13.09g (4.76%), Sugar: 4.99g (5.54%), Cholesterol: 305.56mg (101.85%), Sodium: 870.49mg (37.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.03%), Vitamin K: 45.69µg (43.52%), Selenium: 28.4µg (40.56%), Vitamin A: 1821.58IU (36.43%), Vitamin C: 29.76mg (36.07%), Phosphorus: 349.53mg (34.95%), Vitamin B2: 0.48mg (28%), Calcium: 265.59mg (26.56%), Zinc: 2.34mg (15.59%), Folate: 57.94µg (14.49%), Vitamin B12: 0.8µg (13.36%), Vitamin B5: 1.32mg (13.17%), Manganese: 0.26mg (13.03%), Copper: 0.23mg (11.6%), Vitamin E: 1.7mg (11.31%), Vitamin B6: 0.22mg (11.17%), Iron: 1.94mg (10.8%), Magnesium: 40.17mg (10.04%), Potassium: 349.22mg (9.98%), Fiber: 2.31g (9.23%), Vitamin D: 1.26µg (8.42%), Vitamin B1: 0.12mg (7.91%), Vitamin B3: 1.12mg (5.62%)