

Sicilian-style Strata

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black pitted coarsely chopped
- ☐ 14.5 oz canned tomatoes chopped canned
- ☐ 2 tablespoons capers drained
- ☐ 1 lb bread italian-style cut into 1-inch cubes
- ☐ 6 large eggs
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 3 cups milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup parsley chopped

- ☐ 0.5 teaspoon pepper
- ☐ 4 ounces pancetta diced
- ☐ 0.3 cup roasted peppers red canned chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons seasoning dried italian
- ☐ 0.5 cup mozzarella cheese shredded

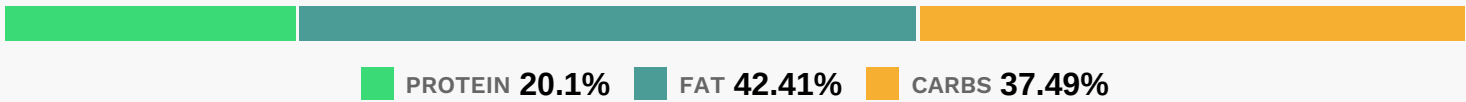
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Spread half the bread cubes level in a lightly oiled 9- by 13-inch baking dish. Top evenly with prosciutto, peppers, green onions, and parmesan cheese.
- ☐ Spread remaining bread cubes level on top, followed by tomatoes, olives, and mozzarella.
- ☐ In a bowl, whisk eggs, milk, Italian seasoning, salt, and pepper to blend.
- ☐ Pour over layered ingredients. Cover and chill at least 1 hour or up to one day.
- ☐ Bake in a 325 regular or convection oven until center of strata is set and top is lightly browned, 40 to 50 minutes.
- ☐ Sprinkle evenly with parsley and capers.
- ☐ Let stand 10 minutes, then cut into squares.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:17.27, Inflammation Score:-7, Nutrition Score:21.936522027721%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 397.42kcal (19.87%), Fat: 18.87g (29.03%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 33.65g (12.24%), Sugar: 10.27g (11.41%), Cholesterol: 170.8mg (56.93%), Sodium: 999.26mg (43.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.25%), Selenium: 36.24µg (51.77%), Vitamin K: 47.24µg (44.99%), Manganese: 0.85mg (42.54%), Phosphorus: 345.49mg (34.55%), Calcium: 331.45mg (33.15%), Vitamin B2: 0.53mg (31.28%), Vitamin B1: 0.39mg (25.83%), Vitamin B3: 4.62mg (23.08%), Iron: 3.93mg (21.84%), Folate: 80.71µg (20.18%), Vitamin B12: 1.14µg (19.04%), Vitamin B5: 1.65mg (16.52%), Vitamin A: 809.35IU (16.19%), Vitamin B6: 0.32mg (16.18%), Fiber: 3.89g (15.55%), Zinc: 2.29mg (15.29%), Magnesium: 59.03mg (14.76%), Potassium: 500.35mg (14.3%), Vitamin D: 1.87µg (12.48%), Vitamin C: 10.05mg (12.19%), Copper: 0.24mg (12.18%), Vitamin E: 1.6mg (10.65%)