



Smoked Mozzarella, Bacon, and Tomato Strata

READY IN



45 min.

SERVINGS



10

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 slices bacon divided cooked chopped
- ☐ 5 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups corn kernels fresh
- ☐ 1.3 cups green onions divided thinly sliced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3.5 cups milk 1% low-fat

- ☐ 16 ounce multigrain bread divided cubed
- ☐ 1.3 cups part-skim ricotta cheese (such as Sargento)
- ☐ 1.5 cups plum tomatoes diced
- ☐ 1 teaspoon salt
- ☐ 4 ounces mozzarella cheese smoked shredded divided

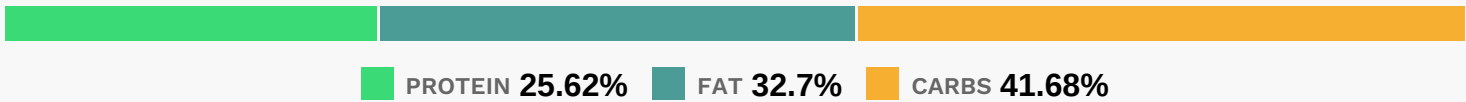
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients; stir with a whisk until well blended.
- ☐ Combine tomato, corn, 1 cup green onions, and coriander.
- ☐ Arrange half of bread cubes in bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle evenly with half of tomato mixture, 1/2 cup cheese, and half of bacon.
- ☐ Pour half of milk mixture over top. Repeat procedure with remaining bread, tomato mixture, and milk mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese, remaining half of bacon, and 1/4 cup green onions. Cover and refrigerate 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover strata.
- ☐ Bake at 350 for 50 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:12.36, Inflammation Score:-7, Nutrition Score:20.031739069068%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 308.4kcal (15.42%), Fat: 11.32g (17.41%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 28.46g (10.35%), Sugar: 9g (10%), Cholesterol: 118.87mg (39.62%), Sodium: 675.49mg (29.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.91%), Manganese: 1.1mg (55.09%), Selenium: 30.09µg (42.98%), Phosphorus: 373.85mg (37.39%), Calcium: 349.52mg (34.95%), Vitamin K: 34.74µg (33.09%), Vitamin B2: 0.43mg (25.44%), Vitamin B1: 0.32mg (21.15%), Vitamin A: 993.86IU (19.88%), Vitamin B12: 1.11µg (18.49%), Magnesium: 71.21mg (17.8%), Zinc: 2.54mg (16.96%), Fiber: 4g (16%), Vitamin B3: 3.17mg (15.84%), Potassium: 527.11mg (15.06%), Folate: 60.09µg (15.02%), Vitamin B6: 0.28mg (13.77%), Vitamin B5: 1.32mg (13.21%), Iron: 2.31mg (12.85%), Vitamin C: 8.86mg (10.74%), Vitamin D: 1.5µg (9.99%), Copper: 0.18mg (9.2%), Vitamin E: 0.87mg (5.83%)