



## Sourdough-Pumpkin Strata

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 4.5 ounce chiles green divided drained chopped canned
- 15 ounce pumpkin canned
- 0.5 teaspoon rubbed sage dried
- 0.5 teaspoon thyme leaves dried
- 2 large eggs
- 1.7 cups milk fat-free
- 0.3 teaspoon coarsely ground pepper black
- 0.5 cup onion divided chopped

- 0.3 teaspoon salt
- 6 ounces sharp cheddar cheese shredded divided reduced-fat
- 7.5 inch sourdough bread french ()

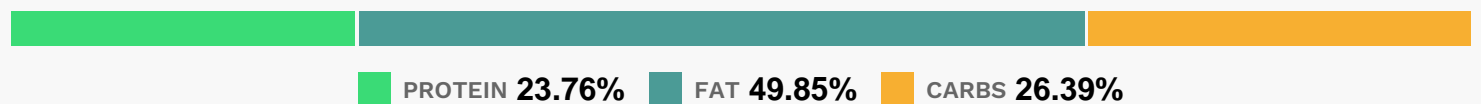
## Equipment

- oven
- knife
- blender
- plastic wrap

## Directions

- Arrange 2 bread slices in a single layer in a 2-quart souffl dish coated with cooking spray.
- Sprinkle with 1/2 cup cheese, one-third of onion, and one-third of chiles. Repeat layers twice.
- Combine milk and next 6 ingredients (milk through eggs) in a blender, and process until smooth.
- Pour over bread layers. Cover with plastic wrap, and refrigerate 8 hours.
- Preheat oven to 35
- Uncover; sprinkle strata with pumpkin seeds, if desired.
- Bake at 350 for 1 hour and 5 minutes or until a knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:33.29, Glycemic Load:2.85, Inflammation Score:-10, Nutrition Score:15.909565324369%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 205.64kcal (10.28%), Fat: 11.63g (17.9%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.09g (4.03%), Sugar: 6.64g (7.38%), Cholesterol: 92.39mg (30.8%), Sodium: 441.54mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin A: 11574.16IU (231.48%), Calcium: 332.54mg (33.25%), Phosphorus: 270.31mg (27.03%), Selenium: 15.83µg (22.62%), Vitamin B2: 0.35mg (20.74%), Vitamin B12: 0.84µg (14.06%), Vitamin C: 11.28mg (13.67%), Vitamin K: 13.85µg (13.19%), Zinc: 1.76mg (11.76%), Fiber: 2.77g (11.07%), Folate: 41.84µg (10.46%), Iron: 1.87mg (10.4%), Potassium: 353.58mg (10.1%), Vitamin B5: 0.95mg (9.45%), Magnesium: 37.69mg (9.42%), Vitamin B6: 0.17mg (8.64%), Vitamin D: 1.25µg (8.35%), Manganese: 0.17mg (8.33%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.1mg (6.76%), Copper: 0.11mg (5.53%), Vitamin B3: 0.68mg (3.38%)