



Spinach and Cheese Strata

 Gluten Free

READY IN



600 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons dijon mustard
- ☐ 9 large eggs
- ☐ 10 oz spinach frozen thawed
- ☐ 2 cups gruyere cheese grated
- ☐ 2.8 cups milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1.5 cups onion finely chopped (1 large)

- ☐ 1 cup parmesan finely grated
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

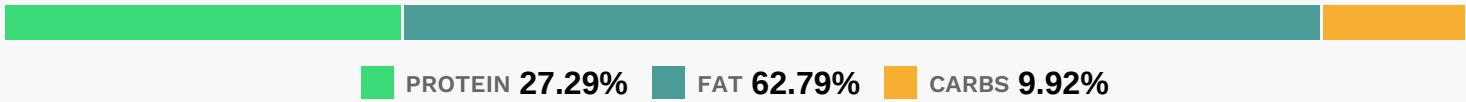
Directions

- ☐ Squeeze handfuls of spinach to remove as much liquid as possible, then finely chop.
- ☐ Cook onion in butter in a large heavy skillet over moderate heat, stirring, until soft, 4 to 5 minutes.
- ☐ Add 1/2 teaspoon salt, 1/4 teaspoon pepper, and nutmeg and cook, stirring, 1 minute. Stir in spinach, then remove from heat.
- ☐ Spread one third of bread cubes in a buttered 3-quart gratin dish or other shallow ceramic baking dish and top evenly with one third of spinach mixture.
- ☐ Sprinkle with one third of each cheese. Repeat layering twice (ending with cheeses).
- ☐ Whisk together milk, eggs, mustard, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in a large bowl and pour evenly over strata. Chill strata, covered with plastic wrap, at least 8 hours (for bread to absorb custard).
- ☐ Preheat oven to 350°F.
- ☐ Let strata stand at room temperature 30 minutes.
- ☐ Bake strata, uncovered, in middle of oven until puffed, golden brown, and cooked through, 45 to 55 minutes.
- ☐ Let stand 5 minutes before serving.
- ☐ • Strata can be chilled up to 1 day.

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Let stand at room temperature 30 minutes before baking.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:26.580869311872%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 378.9kcal (18.95%), Fat: 26.56g (40.87%), Saturated Fat: 14.36g (89.75%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.71g (2.8%), Sugar: 6.04g (6.71%), Cholesterol: 275.4mg (91.8%), Sodium: 907.59mg (39.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.96%), Vitamin K: 134.1µg (127.71%), Vitamin A: 5140.63IU (102.81%), Calcium: 673.05mg (67.31%), Phosphorus: 514.19mg (51.42%), Selenium: 30.07µg (42.96%), Vitamin B2: 0.6mg (35.2%), Vitamin B12: 1.64µg (27.34%), Folate: 88.18µg (22.05%), Zinc: 2.98mg (19.88%), Manganese: 0.35mg (17.49%), Magnesium: 66.01mg (16.5%), Vitamin D: 2.39µg (15.91%), Vitamin B5: 1.51mg (15.06%), Vitamin B6: 0.29mg (14.25%), Vitamin E: 1.92mg (12.82%), Potassium: 416.9mg (11.91%), Iron: 1.95mg (10.85%), Vitamin B1: 0.15mg (9.93%), Fiber: 1.74g (6.97%), Copper: 0.12mg (6.24%), Vitamin C: 4.19mg (5.07%), Vitamin B3: 0.44mg (2.2%)