

# Spinach Strata

 Vegetarian

READY IN



600 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3.5 ounces baby spinach coarsely chopped
- 0.3 teaspoon pepper black freshly ground
- 8 ounces top such as pain au levain, large dice ( 6 cups)
- 2 teaspoons dijon mustard
- 6 large eggs
- 3.8 ounces feta cheese crumbled
- 1 teaspoon kosher salt
- 1 tablespoon lemon zest finely grated (from 1 medium lemon)

- 2 tablespoons olive oil extra virgin extra-virgin plus more for coating the pan
- 1 teaspoon oregano fresh finely chopped
- 2 cups milk whole

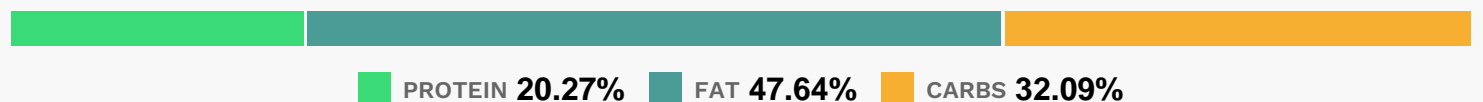
## Equipment

- bowl
- oven
- whisk
- wire rack
- baking pan

## Directions

- Coat an 8-inch square baking dish with olive oil.
- Add the bread, spinach, and half of the feta. Gently toss the mixture with your hands until combined, then spread it into an even layer; set aside.
- Whisk the measured olive oil, lemon zest, mustard, salt, and pepper in a large bowl until combined.
- Add the eggs and milk and whisk until combined. Very slowly drizzle the mixture over the bread and evenly sprinkle the remaining half of the feta over top. Cover and refrigerate overnight.
- Heat the oven to 350°F and arrange a rack in the top third of the oven. Uncover the strata and bake until the custard is set and the edges are browned, about 45 to 55 minutes.
- Place on a wire rack and let cool for 30 minutes.
- Sprinkle with the fresh oregano and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:41.08, Glycemic Load:16.85, Inflammation Score:-9, Nutrition Score:21.353478265845%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## **Nutrients (% of daily need)**

Calories: 317.7kcal (15.89%), Fat: 16.89g (25.98%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.06g (8.75%), Sugar: 5.99g (6.66%), Cholesterol: 211.53mg (70.51%), Sodium: 950.68mg (41.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.33%), Vitamin K: 85.9µg (81.81%), Selenium: 31.12µg (44.46%), Vitamin A: 2035.04IU (40.7%), Vitamin B2: 0.69mg (40.4%), Phosphorus: 291.2mg (29.12%), Folate: 108.8µg (27.2%), Calcium: 259.79mg (25.98%), Vitamin B1: 0.38mg (25.24%), Manganese: 0.4mg (20.19%), Vitamin B12: 1.18µg (19.73%), Iron: 3.11mg (17.28%), Vitamin B6: 0.29mg (14.45%), Vitamin B5: 1.39mg (13.91%), Zinc: 1.99mg (13.29%), Vitamin D: 1.97µg (13.1%), Vitamin E: 1.75mg (11.7%), Magnesium: 46.29mg (11.57%), Vitamin B3: 2.27mg (11.35%), Potassium: 348.02mg (9.94%), Vitamin C: 5.95mg (7.21%), Copper: 0.13mg (6.36%), Fiber: 1.54g (6.14%)