



Staci's Strata

READY IN



900 min.

SERVINGS



12

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard dry
- 10 eggs
- 0.5 cup green onions chopped
- 0.5 teaspoon ground nutmeg
- 1 pinch ground pepper black
- 1 cup half-and-half cream
- 1 pound bread french italian cut into 1 inch cubes
- 4 cups milk
- 0.5 teaspoon salt

- 8 ounces kielbasa sausage cut into 1 inch pieces
- 2.5 cups sharp cheddar cheese shredded divided

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Coat a 9x13 inch baking dish with cooking spray.
- Layer bread, kielbasa, onions, and 1 1/2 cups cheese in pan. In bowl combine eggs, milk, dry mustard, salt, and pepper.
- Mix well and pour over mixture in the pan, making sure to coat all pieces of bread.
- Sprinkle with remaining cheese and refrigerate overnight.
- The next morning, preheat oven to 375 degrees F (190 degrees C).
- Combine half and half with nutmeg; pour evenly over the casserole.
- Bake in preheated oven for 45 to 55 minutes, until golden and puffed. Allow to cool 15 minutes before serving.

Nutrition Facts

 PROTEIN 15.74%  FAT 63.51%  CARBS 20.75%

Properties

Glycemic Index:18.92, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:12.931304387424%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 494.29kcal (24.71%), Fat: 34.84g (53.6%), Saturated Fat: 17.54g (109.64%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 24.15g (8.78%), Sugar: 16.76g (18.63%), Cholesterol: 190.37mg (63.46%), Sodium: 607.26mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Phosphorus: 323.65mg (32.36%), Calcium: 313.76mg (31.38%), Selenium: 20.31µg (29.01%), Vitamin B2: 0.48mg (28.44%), Vitamin B12: 1.21µg (20.23%), Zinc: 2.26mg (15.06%), Vitamin A: 692.91IU (13.86%), Vitamin B3: 2.76mg (13.82%), Vitamin D: 2.01µg (13.43%), Folate: 49.65µg (12.41%), Vitamin B1: 0.18mg (12.08%), Vitamin B5: 1.15mg (11.52%), Potassium: 358.78mg (10.25%), Vitamin B6: 0.2mg (9.96%), Iron: 1.77mg (9.81%), Vitamin K: 9.9µg (9.43%), Magnesium: 32.92mg (8.23%), Fiber: 1.46g (5.84%), Vitamin E: 0.72mg (4.77%), Copper: 0.05mg (2.72%), Manganese: 0.03mg (1.47%), Vitamin C: 1.11mg (1.34%)