



Sunday Vegetarian Strata

READY IN



215 min.

SERVINGS



12

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground to taste
- 6 cups country bread whole-wheat cubed
- 1 tablespoon dijon mustard
- 12 large eggs
- 2 cloves garlic minced
- 0.5 pound ground vegetarian breakfast sausage
- 2 cups milk 1%
- 2 tablespoons olive oil
- 2 cups onion chopped

- 1.5 cups bell pepper diced red
- 1 teaspoon salt to taste
- 1.5 cups swiss cheese grated

Equipment

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

Directions

- Heat the olive oil in a large skillet over medium heat and stir in the vegetarian sausage. Cook and stir until the sausage is crumbly, and evenly browned. Stir in the onion, garlic, and bell pepper; cook and stir until softened, 3 to 4 minutes.
- Remove from heat, and set aside.
- Spray a 9x13-inch baking dish with non-stick cooking spray. Arrange bread in an even layer in the prepared baking dish. Scatter the sausage mixture on top.
- Brush with the Dijon mustard, and sprinkle with cheese.
- Whisk eggs, milk, salt, and pepper in a large bowl, and pour over the cheese. Cover tightly with plastic wrap, and refrigerate for 2 hours or overnight.
- Preheat an oven to 350 degrees F (175 degrees C).
- Remove strata from the refrigerator, and unwrap.
- Bake in the preheated oven until puffed, lightly browned, and the center is set, 1 hour to 1 1/2 hours. Allow to cool for 5 minutes before serving.

Nutrition Facts



PROTEIN 19.56% FAT 35.63% CARBS 44.81%

Properties

Glycemic Index:22.22, Glycemic Load:31.09, Inflammation Score:-8, Nutrition Score:28.155651921811%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 560.94kcal (28.05%), Fat: 22.15g (34.08%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 57.03g (20.74%), Sugar: 10.85g (12.06%), Cholesterol: 214.13mg (71.38%), Sodium: 1000.55mg (43.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.71%), Selenium: 54.96µg (78.52%), Manganese: 1.51mg (75.45%), Phosphorus: 409.97mg (41%), Vitamin B1: 0.61mg (40.52%), Vitamin B2: 0.67mg (39.42%), Vitamin B3: 7.82mg (39.08%), Calcium: 356.99mg (35.7%), Folate: 139.99µg (35%), Vitamin C: 26.34mg (31.93%), Iron: 5.55mg (30.83%), Fiber: 5.67g (22.66%), Vitamin B5: 2.16mg (21.63%), Vitamin A: 1060.85IU (21.22%), Zinc: 3.15mg (21.01%), Vitamin B12: 1.25µg (20.89%), Vitamin B6: 0.4mg (20.04%), Magnesium: 72.12mg (18.03%), Potassium: 438.3mg (12.52%), Copper: 0.25mg (12.39%), Vitamin D: 1.68µg (11.19%), Vitamin E: 1.52mg (10.11%), Vitamin K: 8.87µg (8.44%)