



Swiss Chicken Strata

READY IN



190 min.

SERVINGS



6

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups unseasoned bread cubes french divided ()
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup grey poupon country dijon mustard
- 4 eggs
- 2 cups milk
- 0.8 cup bell pepper red chopped
- 1.5 cups swiss cheese shredded divided kraft

Equipment

- oven
- knife
- whisk
- baking pan

Directions

- Layer 3 cups of the bread cubes, 1 cup of the cheese, chicken and the red pepper in greased 2-quart oblong baking dish; top with remaining 3 cups bread cubes.
- Beat eggs, milk and mustard with wire whisk until well blended; pour over bread layer, being careful to evenly moisten the bread.
- Sprinkle with remaining 1/2 cup cheese; cover. Refrigerate at least 2 hours or overnight.
- Preheat oven to 325F.
- Bake, uncovered, 45 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:96.47, Inflammation Score:-9, Nutrition Score:41.100434448408%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 910kcal (45.5%), Fat: 22.21g (34.18%), Saturated Fat: 9.27g (57.92%), Carbohydrates: 128.86g (42.95%), Net Carbohydrates: 122.82g (44.66%), Sugar: 15.88g (17.65%), Cholesterol: 170.24mg (56.75%), Sodium: 1687.89mg (73.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.58g (97.17%), Selenium: 98.5µg (140.71%), Vitamin B1: 1.79mg (119.43%), Vitamin B2: 1.41mg (83.09%), Folate: 318.26µg (79.57%), Vitamin B3: 14.53mg (72.63%), Manganese: 1.32mg (66.13%), Phosphorus: 626.87mg (62.69%), Iron: 10.47mg (58.15%), Calcium: 491.83mg (49.18%), Zinc: 5mg (33.31%), Vitamin C: 23.88mg (28.95%), Vitamin B6: 0.58mg (28.82%), Magnesium: 112.46mg (28.12%), Vitamin B12: 1.62µg (26.95%), Fiber: 6.04g (24.17%), Vitamin A: 1119.13IU (22.38%), Copper: 0.43mg (21.25%), Vitamin B5: 2.09mg (20.89%), Potassium: 593.47mg (16.96%), Vitamin D: 1.48µg (9.88%), Vitamin E:

1.34mg (8.92%), Vitamin K: 3.43µg (3.27%)