



Swiss Rye Strata

READY IN



185 min.

SERVINGS



2

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup eggs fat-free
- ☐ 0.8 cup milk low-fat
- ☐ 2 tablespoons onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups cocktail rye bread cubed
- ☐ 2 ounces swiss cheese fat-free shredded
- ☐ 0.3 cup turkey smoked diced
- ☐ 0.3 teaspoon vegetable oil

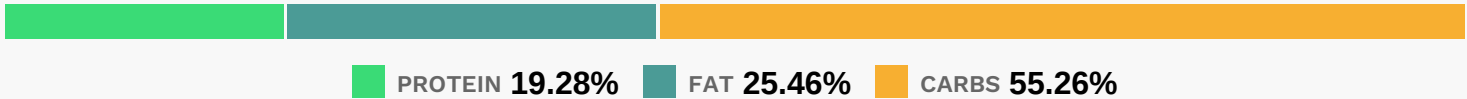
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Spray two 10-ounce oval or round individual casseroles with cooking spray.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook onion in oil about 2 minutes, stirring occasionally, until tender.
- ☐ Mix onion, bread, cheese and chicken; spoon into casseroles. Beat remaining ingredients with hand beater until blended; pour over bread mixture. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 325F.
- ☐ Bake uncovered 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:52.95, Inflammation Score:-9, Nutrition Score:41.378260923469%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 881.75kcal (44.09%), Fat: 24.72g (38.04%), Saturated Fat: 9.38g (58.62%), Carbohydrates: 120.72g (40.24%), Net Carbohydrates: 106.8g (38.84%), Sugar: 14.16g (15.73%), Cholesterol: 268.71mg (89.57%), Sodium: 1618.83mg (70.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.12g (84.24%), Selenium: 105.73µg (151.05%), Manganese: 2mg (100.07%), Vitamin B2: 1.31mg (77.27%), Vitamin B1: 1.12mg (74.49%), Folate: 296.2µg (74.05%), Phosphorus: 703.32mg (70.33%), Calcium: 575.23mg (57.52%), Fiber: 13.92g (55.69%), Vitamin B3:

10.43mg (52.15%), Iron: 7.97mg (44.28%), Zinc: 5.41mg (36.09%), Vitamin B12: 2.14µg (35.65%), Magnesium: 127.26mg (31.81%), Copper: 0.52mg (25.82%), Vitamin B5: 2.56mg (25.62%), Vitamin B6: 0.47mg (23.26%), Potassium: 690.78mg (19.74%), Vitamin A: 763.53IU (15.27%), Vitamin D: 2.24µg (14.92%), Vitamin E: 1.67mg (11.14%), Vitamin K: 4.79µg (4.56%), Vitamin C: 1.69mg (2.04%)