



Turkey Leek Strata

READY IN



320 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 cup leek sliced
- 8 slices bread french cut into 1-inch squares (5 cups) (1/)
- 1 cup turkey cooked chopped
- 1 tablespoon optional: dill dried fresh chopped
- 8 ounces mozzarella cheese shredded
- 4 eggs beaten
- 2 cups milk
- 0.5 teaspoon salt

0.3 teaspoon pepper

Equipment

sauce pan

oven

knife

baking pan

Directions

In 1-quart saucepan, melt butter over medium heat. Cook leeks in butter about 3 minutes, stirring frequently, until softened; remove from heat.

Mix bread cubes, leeks, turkey and dill weed.

Spread bread mixture in ungreased square baking dish, 8x8x2 inches.

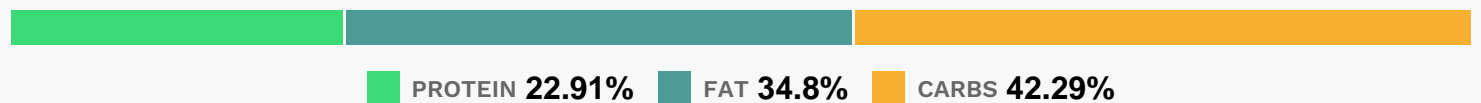
Sprinkle with cheese.

Mix remaining ingredients; pour over cheese. Cover tightly and refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 325°F. Uncover and bake 50 to 55 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:36.41, Inflammation Score:-7, Nutrition Score:22.241304293923%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 485.67kcal (24.28%), Fat: 18.77g (28.87%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 49.14g (17.87%), Sugar: 8.94g (9.93%), Cholesterol: 160.67mg (53.56%), Sodium: 1060.64mg (46.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Selenium: 45.06µg (64.38%), Vitamin B1: 0.69mg (46.11%), Vitamin B2: 0.75mg (44.35%), Phosphorus: 399.86mg (39.99%), Calcium: 363.63mg (36.36%), Folate: 132.18µg (33.05%), Vitamin B12: 1.77µg (29.44%), Vitamin B3: 5.59mg (27.93%), Manganese: 0.56mg (27.76%), Iron: 4.48mg (24.91%), Zinc: 3.02mg (20.12%), Vitamin A: 891.3IU (17.83%), Vitamin B6: 0.34mg (16.96%), Magnesium: 56.7mg (14.17%), Vitamin B5: 1.25mg (12.5%), Vitamin D: 1.68µg (11.21%), Potassium: 357.48mg (10.21%), Copper: 0.19mg (9.39%), Fiber: 2.17g (8.67%), Vitamin K: 8.91µg (8.48%), Vitamin E: 0.82mg (5.5%), Vitamin C: 1.84mg (2.23%)