



Turkey-Mushroom Strata

READY IN



50 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon mustard dry
- ☐ 1 cup egg substitute fat-free
- ☐ 1.5 cups milk fat-free
- ☐ 0.5 teaspoon ground pepper
- ☐ 8 ounce pre mushrooms
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 7 ounce sourdough rolls
- ☐ 3 ounces swiss cheese shredded

☐ 1 pound turkey breakfast sausage

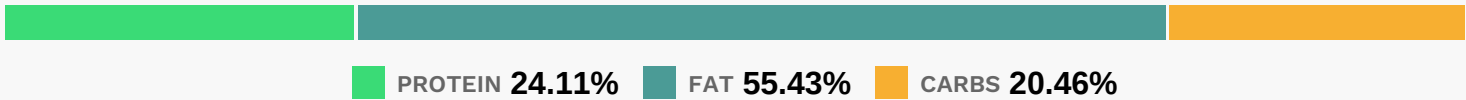
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Cut sourdough rolls into 1-inch cubes; layer evenly in a 13- x 9- x 2-inch baking dish coated with cooking spray. Set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add sausage, and cook until sausage is browned, stirring until it crumbles; drain if necessary.
- ☐ Layer sausage and cheese over bread cubes.
- ☐ Add mushrooms and onion to skillet; cook over medium-high heat, stirring constantly, 4 minutes or until tender.
- ☐ Layer over cheese in baking dish; set aside.
- ☐ Combine milk and remaining 4 ingredients, stirring until smooth.
- ☐ Pour over bread-mushroom mixture in baking dish. Cover and chill at least 8 hours or overnight.
- ☐ Bake, uncovered, at 350 for 35 minutes or until a knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.53, Glycemic Load:9.17, Inflammation Score:-3, Nutrition Score:12.182608692542%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 314.23kcal (15.71%), Fat: 19.27g (29.65%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 15.2g (5.53%), Sugar: 5.28g (5.87%), Cholesterol: 52.09mg (17.36%), Sodium: 635.4mg (27.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.73%), Iron: 5.13mg (28.51%), Selenium: 19.31µg (27.59%), Phosphorus: 235.35mg (23.53%), Vitamin B2: 0.39mg (23.15%), Vitamin B12: 1.18µg (19.71%), Vitamin B3: 3.8mg (19.02%), Calcium: 187.64mg (18.76%), Vitamin B1: 0.25mg (16.37%), Zinc: 2.36mg (15.73%), Vitamin B5: 1.52mg (15.23%), Vitamin B6: 0.29mg (14.28%), Vitamin D: 1.78µg (11.86%), Potassium: 390.8mg (11.17%), Copper: 0.14mg (7.24%), Magnesium: 25.12mg (6.28%), Vitamin A: 292.81IU (5.86%), Vitamin E: 0.66mg (4.38%), Folate: 13.45µg (3.36%), Fiber: 0.81g (3.23%), Manganese: 0.05mg (2.31%), Vitamin C: 1.64mg (1.99%)