



Vegetable-and-Cheese Strata

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup artichoke hearts canned drained chopped
- ☐ 0.5 teaspoon mustard dry
- ☐ 1.5 cups egg substitute
- ☐ 12 ounce evaporated skim milk canned
- ☐ 2 garlic cloves crushed
- ☐ 8 cups bread italian cubed (1-inch) (8 ounces)
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 4 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 2 cups mushrooms sliced

- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion diced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 2 cups zucchini diced

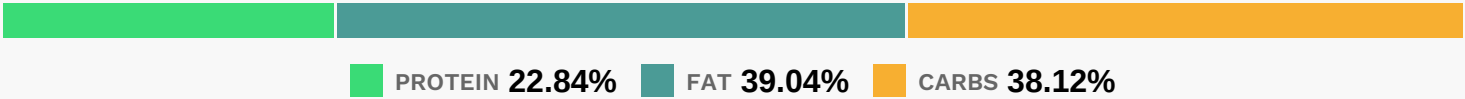
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add zucchini, mushrooms, bell pepper, onion, and garlic, and saut vegetable mixture 6 minutes or until tender.
- ☐ Remove from heat. Stir in artichokes, and set aside.
- ☐ Arrange Italian bread cubes in a 13 x 9-inch baking dish coated with cooking spray. Spoon zucchini mixture evenly over bread cubes, and sprinkle mixture with cheeses.
- ☐ Combine egg substitute and remaining ingredients (except oregano sprigs) in a large bowl; stir with a whisk.
- ☐ Pour egg mixture over zucchini mixture. Cover mixture with foil; chill up to 1 day.
- ☐ Preheat oven to 32
- ☐ Bake strata, covered, 1 hour or until bubbly.
- ☐ Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:15.295652244402%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 291.25kcal (14.56%), Fat: 12.7g (19.53%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 24.71g (8.99%), Sugar: 17.79g (19.77%), Cholesterol: 7.09mg (2.36%), Sodium: 647.09mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Vitamin C: 32.36mg (39.22%), Selenium: 25.29µg (36.14%), Vitamin B2: 0.52mg (30.75%), Calcium: 274.55mg (27.45%), Phosphorus: 264.6mg (26.46%), Vitamin A: 976.06IU (19.52%), Vitamin B5: 1.62mg (16.18%), Potassium: 544.07mg (15.54%), Folate: 55.19µg (13.8%), Vitamin B3: 2.65mg (13.25%), Vitamin B6: 0.26mg (12.96%), Fiber: 3.18g (12.71%), Iron: 2.17mg (12.07%), Vitamin B1: 0.17mg (11.41%), Vitamin D: 1.65µg (11%), Zinc: 1.56mg (10.42%), Magnesium: 40.23mg (10.06%), Vitamin E: 1.19mg (7.97%), Manganese: 0.16mg (7.79%), Copper: 0.13mg (6.5%), Vitamin B12: 0.38µg (6.28%), Vitamin K: 4.54µg (4.32%)