



Whole Grain Asparagus and Red Pepper Strata

READY IN



55 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups asparagus trimmed cut into 1/2-inch pieces
- ☐ 5 slices roman meal bread cut into 1/2-inch cubes
- ☐ 4 large eggs slightly beaten
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 1 cup parmesan cheese shredded divided

- ☐ 1 cup bell pepper red cored cut into 1/2-inch pieces
- ☐ 0.3 teaspoon salt

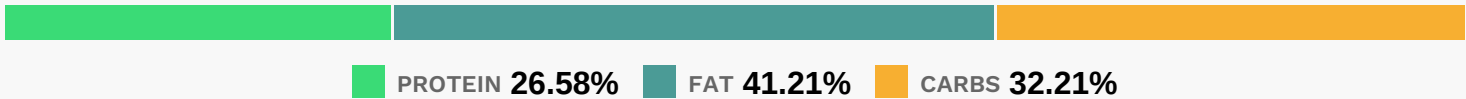
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F. Foil-line a baking sheet. Lightly grease 1-quart casserole or 8 x 8-inch baking dish.
- ☐ Place bread cubes on baking sheet.
- ☐ Bake 10 minutes until golden brown.
- ☐ Remove from oven.
- ☐ Meanwhile heat oil in large skillet over medium heat.
- ☐ Add onions and garlic; cook, stirring occasionally, for 2 minutes.
- ☐ Add asparagus and red pepper; cook, stirring occasionally, for 3 minutes until just tender.
- ☐ Combine eggs, milk, 3/4 cup cheese, salt and pepper in large bowl.
- ☐ Add bread cubes and vegetable mixture; stir gently until combined.
- ☐ Pour mixture into prepared baking dish.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake 30 to 35 minutes or until set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:46.11, Glycemic Load:7.8, Inflammation Score:-8, Nutrition Score:17.174782607866%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 10.65g (16.39%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 16.06g (5.84%), Sugar: 6.01g (6.68%), Cholesterol: 140.21mg (46.74%), Sodium: 539.72mg (23.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Vitamin C: 35.74mg (43.32%), Selenium: 22.79µg (32.56%), Calcium: 313.56mg (31.36%), Vitamin A: 1492.57IU (29.85%), Phosphorus: 288.56mg (28.86%), Vitamin B2: 0.41mg (24.23%), Manganese: 0.44mg (22.06%), Vitamin K: 22.06µg (21.01%), Folate: 73.9µg (18.48%), Vitamin B1: 0.22mg (14.98%), Iron: 2.69mg (14.92%), Vitamin B6: 0.27mg (13.41%), Vitamin B12: 0.72µg (11.94%), Vitamin B5: 1.16mg (11.56%), Zinc: 1.64mg (10.94%), Fiber: 2.67g (10.67%), Vitamin B3: 2.12mg (10.61%), Vitamin E: 1.45mg (9.66%), Potassium: 323.81mg (9.25%), Magnesium: 36.83mg (9.21%), Copper: 0.16mg (8.16%), Vitamin D: 1.2µg (7.98%)