



Wine and Cheese Strata

READY IN



100 min.

SERVINGS



15

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1.5 tablespoons dijon mustard
- ☐ 9 eggs
- ☐ 0.5 loaf bread dry french
- ☐ 4 green onions minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 slice ham coarsely chopped 1/
- ☐ 1.8 cups milk

- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup cooking sherry
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 8 ounces swiss cheese shredded

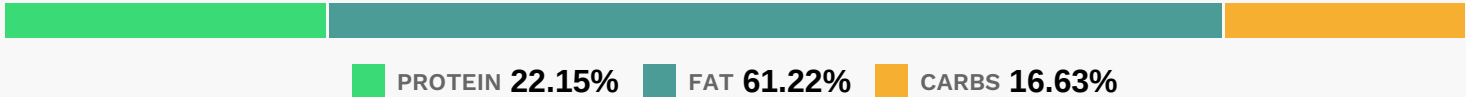
Equipment

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

Directions

- ☐ Grease a 9x13-inch baking dish.
- ☐ Arrange bread pieces in the prepared baking dish; drizzle with melted butter. Top with Swiss cheese, Monterey Jack cheese, and ham.
- ☐ Whisk milk, eggs, green onions, sherry, mustard, black pepper, and cayenne pepper together in a bowl until foamy; pour over bread mixture. Cover dish tightly with aluminum foil and refrigerate for 24 hours.
- ☐ Remove dish from refrigerator 30 minutes before baking.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Bake strata in the preheated oven for 1 hour.
- ☐ Remove aluminum foil and top with sour cream and Parmesan cheese.
- ☐ Bake, uncovered, until a knife inserted in the strata comes out clean, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:24.37, Glycemic Load:5.99, Inflammation Score:-4, Nutrition Score:9.7256521245708%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 245.49kcal (12.27%), Fat: 16.53g (25.43%), Saturated Fat: 8.86g (55.36%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.65g (3.51%), Sugar: 2.65g (2.95%), Cholesterol: 139.28mg (46.43%), Sodium: 321.19mg (13.96%), Alcohol: 0.41g (100%), Alcohol %: 0.44% (100%), Protein: 13.46g (26.92%), Selenium: 20.69µg (29.55%), Calcium: 293.36mg (29.34%), Phosphorus: 253.54mg (25.35%), Vitamin B2: 0.33mg (19.55%), Vitamin B12: 0.99µg (16.56%), Vitamin A: 582.84IU (11.66%), Zinc: 1.74mg (11.6%), Vitamin B1: 0.14mg (9.56%), Folate: 34.78µg (8.69%), Vitamin K: 7.81µg (7.44%), Vitamin B5: 0.71mg (7.06%), Iron: 1.18mg (6.58%), Vitamin D: 0.92µg (6.11%), Vitamin B6: 0.11mg (5.66%), Magnesium: 22.45mg (5.61%), Manganese: 0.1mg (5.25%), Potassium: 152.81mg (4.37%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.59mg (3.94%), Copper: 0.06mg (2.92%), Fiber: 0.45g (1.82%)