

Ham and Cheese Strata

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-and-swiss-strata-recipe>

Ingredients:

- 6 eggs
- 3 cups whole milk
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg freshly
- 8 cups Italian bread or day-old French
- 1/2 pound smoked ham cut into 1/2-inch pieces
- 2 cups gruyere or your favorite melting cheese, coarsely grated

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 425 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 17 grams
8. Sodium: 1590 milligrams
9. Sugar: 10 grams

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