

Spring Vegetable Strata

Yield: 9 min
Total Time: 85 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion thinly sliced
- 1 teaspoon red pepper flakes
- 1 pound asparagus trimmed and cut into 1/2-inch lengths
- 1 bunch Swiss chard stems removed and leaves thinly sliced
- salt
- black pepper
- 6 large eggs
- 3 cups milk
- 8 cups whole wheat bread cubed bakery-style
- 1 1/2 cups shredded Gruyere cheese

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 150 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 370 milligrams
9. Sugar: 8 grams

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