

Ham and Cheese Strata

*Greenvale Manor - Mollusk, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*8 slices firm-textured white bread
with crusts (or French bread), cubed
3 slices thickly cut ham, cubed
1 1/2 cups Cheddar cheese, grated
8 eggs
2 cups milk
4 tablespoons butter, melted
1/2 teaspoon dry mustard
salt (to taste)
freshly ground pepper (to taste)*

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Prepare the night before serving.

Butter a 9x5x3-inch ovenproof loaf dish.

Layer the dish with the bread, ham and cheese, beginning with the bread and ending with ham.

In a blender or food processor, combine the eggs, milk, butter, salt, pepper and mustard. Blend thoroughly on HIGH speed for about 10 seconds.

Pour over the bread, ham and cheese mixture. Refrigerate overnight.

Bake at 350 degrees until firm, 45 to 60 minutes.

Cut in squares.

Per Serving (excluding unknown items): 331 Calories; 26g Fat (72.2% calories from fat); 18g Protein; 5g Carbohydrate; trace Dietary Fiber; 344mg Cholesterol; 387mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 4 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	331	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.2%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	5.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.1%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	26g	Folacin (mcg):	41mcg
Saturated Fat (g):	15g	Niacin (mg):	trace

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 344mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 18g
Sodium (mg): 387mg
Potassium (mg): 244mg
Calcium (mg): 339mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1017IU
Vitamin A (r.e.): 286RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 331 **Calories from Fat:** 239

% Daily Values*

Total Fat 26g		41%
Saturated Fat 15g		73%
Cholesterol 344mg		115%
Sodium 387mg		16%
Total Carbohydrates 5g		2%
Dietary Fiber trace		0%
Protein 18g		
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Vitamin A		20%
Vitamin C		1%
Calcium		34%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.