

Artichoke Souffle

*Church Hill Inn - Sister Bay, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 9

*8 to 10 slices bread, cubed
2 cups artichoke hearts, quartered
2 cups mozzarella cheese, grated
1/2 cup Parmesan cheese, grated
1 tomato (optional), sliced
4 eggs
2/3 cup milk
3 tablespoons mayonnaise
1/2 teaspoon basil
1/2 teaspoon oregano
1 tablespoon parsley, chopped*

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Preheat the oven to 325 degrees.

In a greased 13x9-inch pan, layer half of the bread cubes.

Top with the artichokes, mozzarella, Parmesan, tomato and the rest of the bread cubes.

In a bowl, whisk the eggs, milk, mayonnaise, basil, oregano and parsley. Pour over the layers. Cover and chill overnight.

Bake for 40 to 50 minutes.

Per Serving (excluding unknown items): 256 Calories; 15g Fat (52.4% calories from fat); 14g Protein; 17g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 409mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	256
% Calories from Fat:	52.4%
% Calories from Carbohydrates:	26.3%
% Calories from Protein:	21.3%
Total Fat (g):	15g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	125mg
Carbohydrate (g):	17g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	42mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Dietary Fiber (g): 3g
 Protein (g): 14g
 Sodium (mg): 409mg
 Potassium (mg): 247mg
 Calcium (mg): 284mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 504IU
 Vitamin A (r.e.): 128 1/2RE

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

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 256 **Calories from Fat:** 134

% Daily Values*

Total Fat	15g	23%
Saturated Fat	7g	33%
Cholesterol	125mg	42%
Sodium	409mg	17%
Total Carbohydrates	17g	6%
Dietary Fiber	3g	10%
Protein	14g	

Vitamin A	10%
Vitamin C	8%
Calcium	28%
Iron	10%

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