



Awendaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1 cup cornmeal sifted
- 4 eggs beaten
- 2 cups hominy grits hot cooked
- 2 cups milk
- 1 teaspoon salt
- 1 tablespoon lard
- 1 tablespoon lard

Equipment

oven

knife

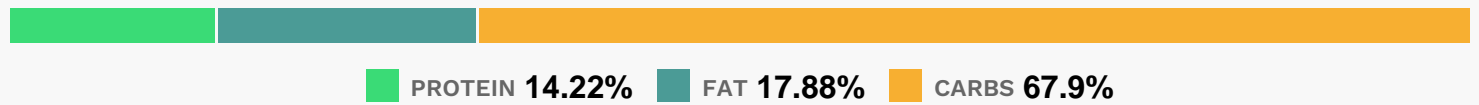
Directions

Combine hot grits, lard, and salt, stirring until lard is melted. Gradually stir in remaining ingredients, mixing until well blended.

Pour batter into a lightly greased 2-quart casserole.

Bake at 325 for 1 hour or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:9.73, Inflammation Score:-3, Nutrition Score:8.0656521268513%

Nutrients (% of daily need)

Calories: 289.07kcal (14.45%), Fat: 5.68g (8.74%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 46.05g (16.74%), Sugar: 3.58g (3.97%), Cholesterol: 89.16mg (29.72%), Sodium: 346.29mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Selenium: 15.74µg (22.48%), Phosphorus: 178.36mg (17.84%), Vitamin B2: 0.22mg (12.87%), Vitamin B6: 0.25mg (12.46%), Magnesium: 41.76mg (10.44%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.49g (9.97%), Calcium: 89.5mg (8.95%), Manganese: 0.18mg (8.9%), Vitamin B12: 0.53µg (8.75%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.87mg (8.72%), Iron: 1.37mg (7.62%), Vitamin D: 1.11µg (7.41%), Potassium: 239.35mg (6.84%), Vitamin A: 301.08IU (6.02%), Vitamin B3: 1.04mg (5.2%), Folate: 19.05µg (4.76%), Copper: 0.09mg (4.7%), Vitamin E: 0.34mg (2.23%)