



## Bacon and Cheddar Cheese Grits Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 6 slices bacon crumbled crisp cooked
- ☐ 4 large eggs lightly beaten
- ☐ 8 cups milk divided
- ☐ 1 tablespoon salt
- ☐ 2 cups grits white stone-ground uncooked
- ☐ 1 cup butter unsalted
- ☐ 2 teaspoons frangelico dried fresh chopped (or 2 tablespoons herbs)
- ☐ 8 ounces frangelico shredded divided

- ☐ 2 teaspoons frangelico dried fresh chopped (or 2 tablespoons herbs)
- ☐ 8 ounces frangelico shredded divided

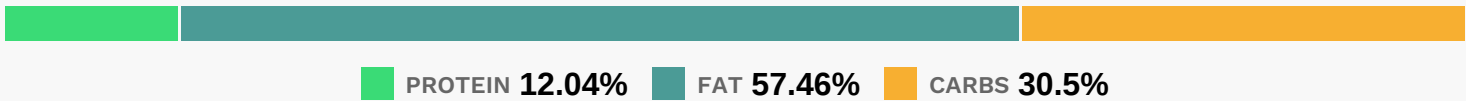
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Combine 6 cups milk and salt in a large, heavy saucepan; cook over medium-high heat just until milk starts to boil. Gradually whisk in grits and butter. Reduce heat; simmer, uncovered, 20 to 25 minutes or until thick, stirring often.
- ☐ Preheat oven to 35
- ☐ Remove grits from heat; add remaining 2 cups milk, stirring to cool grits mixture. Stir in eggs, herbs, and 1 cup cheese.
- ☐ Pour grits mixture into a lightly greased 15" x 10" baking dish; top with remaining 1 cup cheese.
- ☐ Bake, uncovered, at 350 for 45 minutes or until bubbly.
- ☐ Sprinkle crumbled bacon on top of casserole; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:2.11, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:6.2386957562488%

## Nutrients (% of daily need)

Calories: 248.16kcal (12.41%), Fat: 15.9g (24.46%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 18.72g (6.81%), Sugar: 5.38g (5.97%), Cholesterol: 84.1mg (28.03%), Sodium: 490.93mg (21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.99%), Phosphorus: 157.56mg (15.76%), Calcium: 143.52mg (14.35%), Selenium: 9.9µg (14.14%), Vitamin B2: 0.22mg (12.81%), Vitamin B12: 0.74µg (12.25%), Vitamin A: 588.91IU (11.78%), Vitamin D: 1.61µg (10.77%), Vitamin B5: 0.7mg (7.03%), Vitamin B1: 0.1mg (6.88%),

Vitamin B6: 0.13mg (6.26%), Potassium: 218.16mg (6.23%), Magnesium: 20.12mg (5.03%), Zinc: 0.75mg (5.02%),  
Vitamin E: 0.47mg (3.16%), Vitamin B3: 0.62mg (3.08%), Iron: 0.4mg (2.22%), Folate: 6.47µg (1.62%), Manganese:  
0.03mg (1.4%), Copper: 0.03mg (1.36%), Vitamin K: 1.29µg (1.23%), Fiber: 0.28g (1.11%)