



Baked Cheese Grits

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 cups chicken broth
- ☐ 3 large eggs lightly beaten
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon hot sauce
- ☐ 1.3 cups quick-cooking grits uncooked
- ☐ 0.3 cup whipping cream

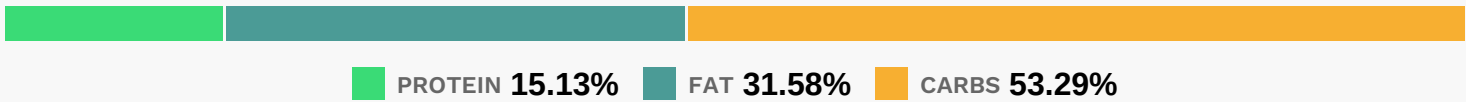
Equipment

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

Directions

- ☐ Bring chicken broth to a boil in a medium saucepan over medium-high heat. Gradually whisk in grits; bring to a boil. Reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes or until thickened. Stir in Cheddar cheese, next 5 ingredients, and, if desired, Worcestershire sauce, stirring until cheese melts.
- ☐ Remove from heat, and stir in eggs.
- ☐ Pour grits into a lightly greased 2-quart or 11- x 8-inch baking dish.
- ☐ Bake, uncovered, at 350 for 40 to 45 minutes or until golden and set.
- ☐ *Stone-ground grits may be substituted. Increase liquid to 6 cups, and increase cook time to 50 minutes.
- ☐ Note: For testing purposes only, we used White Lily Quick Grits.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:5.2626087134299%

Nutrients (% of daily need)

Calories: 141.47kcal (7.07%), Fat: 5.1g (7.85%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.23g (6.63%), Sugar: 1.16g (1.29%), Cholesterol: 81.09mg (27.03%), Sodium: 587.24mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin B2: 0.26mg (15.5%), Vitamin B1: 0.17mg (11.62%), Folate: 44.8µg (11.2%), Selenium: 6.57µg (9.39%), Phosphorus: 85.95mg (8.59%), Vitamin B3: 1.46mg (7.29%), Iron: 1.26mg (7.02%), Manganese: 0.13mg (6.63%), Vitamin B6: 0.1mg (4.93%), Vitamin A: 227.67IU (4.55%), Fiber: 1.14g (4.54%), Magnesium: 15.75mg (3.94%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.49µg (3.29%), Copper: 0.06mg (3.14%), Potassium: 95.32mg (2.72%), Calcium: 22.57mg (2.26%), Vitamin E: 0.33mg (2.23%)