



Baked Garlic-and-Herb Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 13 ounce garlic-and-herb spreadable cheese
- ☐ 8 bacon crumbled cooked
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups regular grits uncooked
- ☐ 4 cups milk
- ☐ 1 cup parmesan cheese shredded
- ☐ 1 teaspoon seasoned pepper

- ☐ 1.3 teaspoons salt
- ☐ 4 cups water

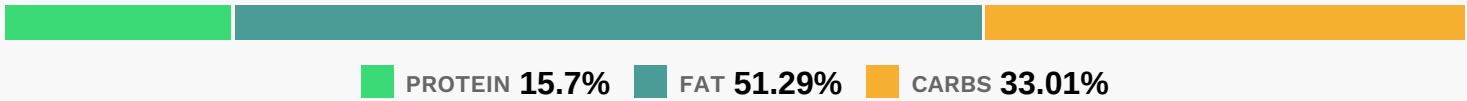
Equipment

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

Directions

- ☐ Bring first 3 ingredients to a boil in a large saucepan over medium-high heat; gradually whisk in grits.
- ☐ Return to a boil; reduce heat to low. Cook, covered, over low heat, stirring often, 20 minutes or until thickened. Stir in spreadable cheese, pepper, and Parmesan cheese.
- ☐ Stir about one-fourth of grits mixture gradually into beaten eggs; add remaining grits mixture, stirring constantly.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 45 to 55 minutes or until golden brown and set.
- ☐ Remove from oven, and sprinkle with bacon and parsley.
- ☐ Note: Casserole may be prepared and chilled up to 24 hours before baking.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake as directed.
- ☐ Remove from oven, and sprinkle with bacon and parsley. For testing purposes only, we used Alouette Garlic and Herbs Gourmet
- ☐ Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:8.5752174232317%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 334.41kcal (16.72%), Fat: 19.22g (29.57%), Saturated Fat: 10.1g (63.1%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 27.33g (9.94%), Sugar: 4.22g (4.69%), Cholesterol: 116.09mg (38.7%), Sodium: 691.76mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.47%), Selenium: 15.67µg (22.39%), Calcium: 214.13mg (21.41%), Phosphorus: 213.64mg (21.36%), Vitamin K: 21.29µg (20.27%), Vitamin B2: 0.24mg (14.14%), Vitamin B12: 0.75µg (12.43%), Vitamin A: 450.67IU (9.01%), Vitamin D: 1.29µg (8.61%), Vitamin B1: 0.12mg (8.03%), Vitamin B5: 0.79mg (7.9%), Vitamin B6: 0.15mg (7.69%), Zinc: 1.07mg (7.14%), Magnesium: 25.8mg (6.45%), Potassium: 224.09mg (6.4%), Vitamin B3: 1.01mg (5.05%), Iron: 0.77mg (4.26%), Manganese: 0.06mg (3.11%), Folate: 11.65µg (2.91%), Copper: 0.06mg (2.87%), Vitamin C: 1.66mg (2.02%), Fiber: 0.5g (2%), Vitamin E: 0.27mg (1.78%)