



Baked Garlic Cheese Grits

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



433 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16 ounces cheddar cubed
- 6 cups chicken broth
- 4 large eggs beaten
- 0.3 teaspoon garlic powder
- 2 cups regular grits
- 0.5 cup milk
- 0.3 teaspoon pepper
- 1 teaspoon salt

- 8 ounces sharp cheddar white grated
- 0.5 cup butter unsalted (1 stick)

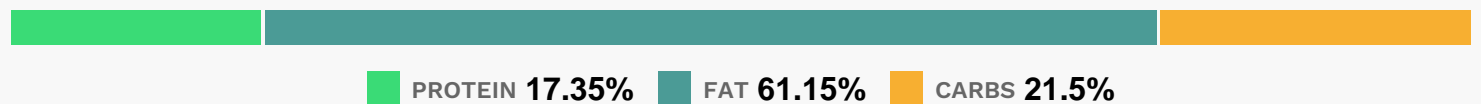
Equipment

- sauce pan
- oven
- whisk
- casserole dish

Directions

- Preheat the oven to 350 degrees F. Grease a 4-quart casserole dish.
- Bring the broth, salt, pepper, and garlic powder to a boil in a 2-quart saucepan. Stir in the grits and whisk until completely combined. Reduce the heat to low and simmer until the grits are thick, about 8 to 10 minutes.
- Add the cubed Cheddar and milk and stir. Gradually stir in the eggs and butter, stirring until all are combined.
- Pour the mixture into the prepared casserole dish.
- Sprinkle with the white Cheddar and bake for 35 to 40 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:11.083478233089%

Nutrients (% of daily need)

Calories: 432.9kcal (21.65%), Fat: 29.42g (45.26%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.84g (8.3%), Sugar: 1.42g (1.57%), Cholesterol: 142.6mg (47.53%), Sodium: 1029.4mg (44.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.56%), Calcium: 430.54mg (43.05%), Selenium: 26.36µg (37.65%), Phosphorus: 329.22mg (32.92%), Vitamin B2: 0.42mg (24.9%), Vitamin A: 969.18IU (19.38%), Zinc: 2.54mg (16.92%), Vitamin B12: 0.84µg (14.06%), Vitamin B5: 0.68mg (6.76%), Magnesium: 27.04mg (6.76%), Vitamin D: 0.93µg (6.18%), Vitamin B1: 0.09mg (5.87%), Vitamin E: 0.87mg (5.82%), Vitamin B6: 0.11mg

(5.67%), Folate: 21.36µg (5.34%), Manganese: 0.1mg (4.96%), Iron: 0.74mg (4.09%), Potassium: 142.29mg (4.07%), Copper: 0.07mg (3.52%), Vitamin B3: 0.63mg (3.13%), Vitamin K: 2.25µg (2.14%), Fiber: 0.43g (1.73%)