



Baked Grits and Greens

 Gluten Free

READY IN



28 min.

SERVINGS



10

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 0.5 cup caesar dressing
- ☐ 1.3 cups croutons crushed garlic-flavored
- ☐ 2 large eggs
- ☐ 10 oz spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic salt
- ☐ 6 oz parmesan shredded
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.3 cup onion red finely chopped

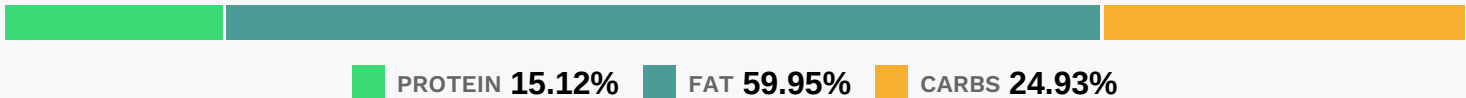
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Bring garlic salt and 4 cups water to a boil in a large saucepan over medium-high heat; gradually stir in grits. Reduce heat to medium, and cook, stirring often, 5 minutes or until thickened.
- ☐ Remove from heat, and stir in onion and 3 Tbsp. butter.
- ☐ Whisk together eggs and next 4 ingredients in a large bowl. Stir about one-fourth of grits mixture gradually into egg mixture; add remaining grits mixture, stirring constantly.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Melt remaining 2 Tbsp. butter, and toss with coarsely crushed croutons; sprinkle over grits mixture.
- ☐ Bake at 350 for 30 to 35 minutes or until mixture is set and croutons are golden brown.
- ☐ Baked Grits and Greens With Bacon: Prepare recipe as directed, stirring 1 (3-oz.) package bacon bits into egg mixture.
- ☐ Note: For testing purposes only, we used Oscar Mayer Real Bacon Bits.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:15.993912997453%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 272.08kcal (13.6%), Fat: 18.43g (28.36%), Saturated Fat: 7.85g (49.03%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 15.34g (5.58%), Sugar: 1.07g (1.18%), Cholesterol: 68.4mg (22.8%), Sodium: 754.11mg (32.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.92%), Vitamin K: 118.79µg (113.14%), Vitamin A: 3690.69IU (73.81%), Calcium: 256.14mg (25.61%), Folate: 76.21µg (19.05%), Phosphorus: 186.24mg (18.62%), Selenium: 10.29µg (14.71%), Manganese: 0.28mg (14.09%), Vitamin B2: 0.23mg (13.52%), Vitamin E: 1.69mg (11.24%), Vitamin B1: 0.15mg (10.04%), Magnesium: 39.45mg (9.86%), Iron: 1.68mg (9.31%), Fiber: 1.9g (7.59%), Vitamin B6: 0.13mg (6.6%), Zinc: 0.96mg (6.37%), Vitamin B3: 1.13mg (5.64%), Vitamin B12: 0.31µg (5.14%), Potassium: 168.05mg (4.8%), Copper: 0.08mg (4.03%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 1.99mg (2.41%), Vitamin D: 0.3µg (1.98%)