



Baked Grits and Greens With Bacon

 Gluten Free

READY IN



28 min.

SERVINGS



10

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 oz bacon bits
- 5 tablespoons butter divided
- 0.5 cup bottled creamy caesar dressing
- 1.3 cups coarsely croutons crushed garlic-flavored
- 2 large eggs
- 10 oz pkt spinach frozen thawed drained chopped
- 1 teaspoon garlic salt
- 6 oz parmesan cheese 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 35
- 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 5 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.
- Note: For testing purposes only, we used Oscar Mayer Real Bacon Bits.

Nutrition Facts

PROTEIN 16.63% FAT 58.56% CARBS 24.81%

Properties

Glycemic Index:20.8, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:17.14260850782%

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: 312.56kcal (15.63%), Fat: 20.63g (31.75%), Saturated Fat: 8.19g (51.19%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 16.91g (6.15%), Sugar: 1.07g (1.18%), Cholesterol: 68.4mg (22.8%), Sodium: 904.65mg (39.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Vitamin K: 118.79µg (113.14%), Vitamin A: 3690.69IU (73.81%), Calcium: 264.73mg (26.47%), Folate: 87.02µg (21.75%), Phosphorus: 204.69mg (20.47%), Selenium: 10.92µg (15.61%), Vitamin E: 2.27mg (15.15%), Manganese: 0.28mg (14.09%), Vitamin B2: 0.24mg (13.87%), Vitamin B1: 0.2mg (13.44%), Magnesium: 47.53mg (11.88%), Fiber: 2.77g (11.06%), Iron: 1.74mg (9.65%), Zinc: 1.11mg (7.43%), Vitamin B6: 0.14mg (6.94%), Vitamin B12: 0.41µg (6.84%), Vitamin B3: 1.26mg (6.32%), Copper: 0.13mg (6.32%), Potassium: 180.38mg (5.15%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 2.15mg (2.61%), Vitamin D: 0.3µg (1.98%)