



## Baked Grits Casserole

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**207 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons butter melted
- 5 large egg whites
- 6 tablespoons chives fresh finely chopped
- 4 cups milk 1% low-fat
- 4 ounces parmesan cheese shredded
- 1.3 cups quick-cooking grits uncooked
- 1 teaspoon salt divided

2 cups water

## Equipment

bowl

sauce pan

oven

whisk

blender

baking pan

## Directions

Preheat oven to 35

Combine milk, 2 cups water, and 1/2 teaspoon salt in a medium saucepan over medium-high heat; bring to a boil.

Add grits, stirring with a whisk. Cover, reduce heat, and cook 8 minutes or until liquid is absorbed.

Remove from heat; stir in 1/4 teaspoon salt, cheese, and pepper. Cool 5 minutes.

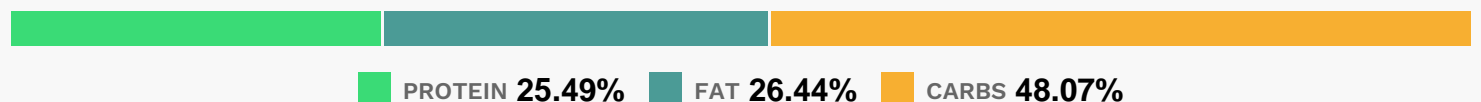
Place remaining 1/4 teaspoon salt and egg whites in a large bowl. Beat egg whites with a mixer at high speed until stiff peaks form (do not overbeat). Gently fold grits mixture and chives into egg whites; spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.

Brush evenly with butter.

Bake at 350 for 40 minutes or until browned.

Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:9.6813043615092%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## **Nutrients (% of daily need)**

Calories: 207.23kcal (10.36%), Fat: 6.17g (9.49%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 24.02g (8.73%), Sugar: 6.39g (7.1%), Cholesterol: 18.23mg (6.08%), Sodium: 609.57mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.75%), Calcium: 323.76mg (32.38%), Phosphorus: 263.2mg (26.32%), Vitamin B2: 0.38mg (22.49%), Vitamin B12: 0.91µg (15.18%), Selenium: 9.83µg (14.05%), Vitamin B1: 0.21mg (13.98%), Folate: 42.21µg (10.55%), Vitamin A: 471.85IU (9.44%), Vitamin D: 1.37µg (9.13%), Magnesium: 35.78mg (8.94%), Potassium: 276.72mg (7.91%), Zinc: 1.14mg (7.59%), Vitamin B6: 0.15mg (7.53%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.61mg (6.11%), Iron: 1mg (5.54%), Vitamin K: 5.44µg (5.18%), Fiber: 1.2g (4.79%), Manganese: 0.08mg (4.23%), Copper: 0.05mg (2.54%), Vitamin C: 1.31mg (1.58%)