



Baked Grits with Country Ham, Wild Mushrooms, Fresh Thyme, and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 1 teaspoon cornstarch
- 1 ounce country ham cut into julienne strips
- 1 chile pepper dried crushed
- 0.5 cup cooking wine dry white

- 1 large eggs
- 0.5 cup less-sodium chicken broth fat-free divided
- 1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 1 ounce parmigiano-reggiano cheese grated
- 2 tablespoons parmigiano-reggiano cheese grated
- 0.5 cup shallots finely chopped
- 1 tablespoon shallots minced
- 0.3 cup sherry vinegar
- 2.5 cups shiitake mushroom caps sliced ()
- 1.3 cups grits yellow stone-ground
- 3 thyme sprigs
- 1 teaspoon water
- 5 cups water
- 1 tablespoon whipping cream
- 0.3 teaspoon pepper white

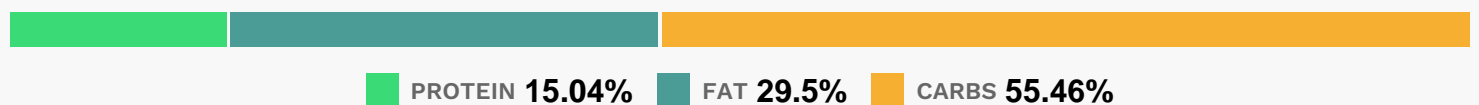
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- sieve
- ramekin
- baking pan
- spatula

Directions

- Preheat oven to 32
- To prepare grits, bring water and salt to a boil in a large saucepan; gradually stir in grits. Reduce heat; simmer 30 minutes or until thick, stirring constantly.
- Remove from heat; stir in 1/4 cup cheese and white pepper. Stir in egg.
- Spoon 1/2 cup grits mixture into each of 8 (4-ounce) ramekins or custard cups coated with cooking spray.
- Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 325 for 20 minutes.
- Remove ramekins from pan; cool completely on a wire rack.
- To prepare sauce, bring shallots, wine, 1/4 cup broth, vinegar, bay leaf, and chile to a boil in a small saucepan over medium heat; cook until reduced to 1 tablespoon liquid (about 6 minutes). Strain mixture through a sieve over a bowl; discard solids. Return liquid to pan.
- Combine 1/4 cup broth and cornstarch.
- Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly. Reduce heat to low; add butter and cream, stirring with a whisk until well blended. Stir in 2 tablespoons cheese, juice, and black pepper.
- Cook the ham in a large nonstick skillet coated with cooking spray over medium heat 1 minute.
- Add mushrooms, 1 tablespoon shallots, 1 teaspoon water, and 3 thyme sprigs; saut 3 minutes or just until mushrooms are tender.
- Loosen edges of grits with a knife or rubber spatula.
- Place a plate, upside down, on top of each ramekin; invert onto plates. Spoon 1 tablespoon sauce onto each plate; sprinkle ham mixture evenly among plates.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:8.5652173057846%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.14kcal (10.51%), Fat: 6.64g (10.21%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 25.3g (9.2%), Sugar: 3.42g (3.8%), Cholesterol: 38.35mg (12.78%), Sodium: 516.89mg (22.47%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 7.61g (15.22%), Selenium: 12.6µg (18%), Vitamin B6: 0.34mg (16.97%), Vitamin B3: 3.35mg (16.75%), Phosphorus: 167.33mg (16.73%), Manganese: 0.28mg (14.02%), Vitamin B5: 1.39mg (13.94%), Vitamin B2: 0.23mg (13.61%), Fiber: 2.78g (11.12%), Potassium: 350.37mg (10.01%), Copper: 0.17mg (8.69%), Zinc: 1.24mg (8.28%), Magnesium: 32.12mg (8.03%), Calcium: 79.55mg (7.96%), Iron: 1.1mg (6.09%), Vitamin A: 274.54IU (5.49%), Vitamin B1: 0.08mg (5.36%), Folate: 20.07µg (5.02%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.17µg (2.89%), Vitamin C: 2.21mg (2.68%), Vitamin E: 0.2mg (1.32%)