



Braised Kale over Baked Cheese Grits

 Gluten Free

READY IN



68 min.

SERVINGS



4

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black divided
- ☐ 2 large eggs beaten
- ☐ 1 garlic clove halved
- ☐ 3 garlic cloves coarsely chopped
- ☐ 6 teaspoons goat cheese crumbled
- ☐ 1 pound prewashed kale coarsely chopped such as Glory
- ☐ 1 cup milk 1% low-fat

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion sliced 1 small
- ☐ 0.3 cup parmigiano-reggiano cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup grits yellow stone-ground uncooked
- ☐ 2 cups vegetable broth organic such as Swanson Certified
- ☐ 2 cups water
- ☐ 2 quarts water

Equipment

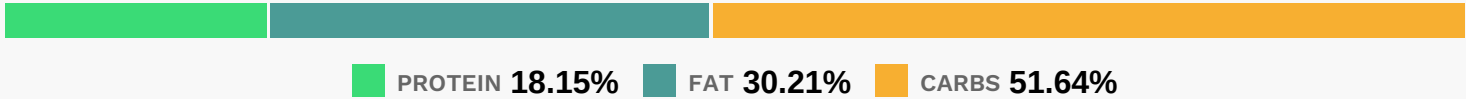
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ Bring broth and water to a boil in a medium saucepan. Slowly stir in grits and 1/2 teaspoon pepper; cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Remove grits from heat.
- ☐ Combine milk and eggs in a small bowl, stirring with a whisk; stir into grits with whisk. Stir in cheese.
- ☐ Rub a 2-quart casserole with cut sides of halved garlic clove; pour grits into prepared dish.
- ☐ Bake at 375 for 30 minutes.
- ☐ Let stand 10 minutes before serving (mixture will be dense and puddinglike when set).
- ☐ While grits bake, bring 2 quarts water to a boil in a large saucepan.
- ☐ Add kale; reduce heat, and simmer 5 minutes.
- ☐ Remove kale from pan; drain and rinse under cold water.

- ☐ Add olive oil, onion, chopped garlic, and salt to pan; saut 2 minutes or until onion is translucent. Return kale to pan, and saut 10 minutes or until greens are tender. Stir in remaining 1/2 teaspoon pepper and balsamic vinegar.
- ☐ Serve greens over grits; sprinkle with goat cheese.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:30.447391219761%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 27.76mg, Isorhamnetin: 27.76mg, Isorhamnetin: 27.76mg, Isorhamnetin: 27.76mg Kaempferol: 53.21mg, Kaempferol: 53.21mg, Kaempferol: 53.21mg, Kaempferol: 53.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 29.72mg, Quercetin: 29.72mg, Quercetin: 29.72mg, Quercetin: 29.72mg

Nutrients (% of daily need)

Calories: 347.38kcal (17.37%), Fat: 11.84g (18.22%), Saturated Fat: 4g (25%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 39.74g (14.45%), Sugar: 7.37g (8.19%), Cholesterol: 103.65mg (34.55%), Sodium: 894.96mg (38.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.03%), Vitamin K: 445.8µg (424.57%), Vitamin A: 12042.54IU (240.85%), Vitamin C: 108.33mg (131.31%), Calcium: 493.93mg (49.39%), Manganese: 0.96mg (47.84%), Vitamin B2: 0.66mg (39.11%), Phosphorus: 276.38mg (27.64%), Selenium: 18.73µg (26.76%), Fiber: 5.8g (23.21%), Folate: 90.5µg (22.62%), Vitamin B6: 0.39mg (19.45%), Potassium: 640.97mg (18.31%), Magnesium: 72.46mg (18.12%), Iron: 3.06mg (16.98%), Vitamin B1: 0.25mg (16.39%), Copper: 0.29mg (14.25%), Vitamin B12: 0.67µg (11.19%), Vitamin E: 1.57mg (10.44%), Zinc: 1.56mg (10.4%), Vitamin B5: 1.02mg (10.17%), Vitamin B3: 1.99mg (9.95%), Vitamin D: 1.21µg (8.07%)