



Breakfast in a Cup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound ground bulk country sausage
- 1 tablespoon butter
- 4 servings cheese grated for topping
- 1 eggs
- 2 eggs
- 4 servings half-and-half
- 4 servings parsley leaves chopped for garnish
- 0.5 cup cooking grits quick

- 4 servings salt
- 4 servings salt and pepper
- 1 tablespoon cup heavy whipping cream sour
- 1 tablespoon vinegar
- 2 cups water
- 2 tablespoon water

Equipment

- bowl
- frying pan
- whisk
- pot
- stove

Directions

- Bring 2 cups of salted water to a boil. Slowly stir in 1/2 cup quick grits, stir immediately and reduce the heat, then bring back to boil.
- Add butter and stir. Reduce the heat and simmer.
- Let cook approximately 4 minutes, then stir in half-and-half to desired creaminess. Cook grits to taste, up to 30 minutes. ;
- Have pan heating on stovetop over medium-high heat. Crack 2 eggs into a bowl.
- Add salt and pepper, water and 1 tablespoon sour cream.
- Whisk together.
- Add butter to pan.
- Pour in egg mixture and use spoon to scramble. ;
- Have water boiling in a large pot on stove.
- Add a sprinkle of salt and 1 tablespoon of vinegar to water. Use spoon to swirl water and drop egg into the middle. Cook for approximately 3 minutes for an over-medium egg.
- Remove from water. Allow water to drain off the egg before serving.

- Prepare according to package instructions. ;
- Spoon grits into mug, about 2/3 full. Spoon sausage on top of grits.
- Add poached or scrambled egg.
- Sprinkle cheese on top then garnish with parsley. ;

Nutrition Facts

PROTEIN 19.74%

FAT 69.73%

CARBS 10.53%

Properties

Glycemic Index:46.75, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:19.821739124215%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 613.02kcal (30.65%), Fat: 47.24g (72.68%), Saturated Fat: 18.99g (118.71%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 15.03g (5.47%), Sugar: 0.59g (0.65%), Cholesterol: 244.05mg (81.35%), Sodium: 1384.88mg (60.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Vitamin K: 67.18µg (63.98%), Phosphorus: 393.09mg (39.31%), Vitamin B3: 6.32mg (31.61%), Vitamin B1: 0.45mg (29.7%), Vitamin B2: 0.49mg (29.09%), Zinc: 4.23mg (28.21%), Selenium: 18.82µg (26.89%), Vitamin B12: 1.59µg (26.5%), Calcium: 256.24mg (25.62%), Vitamin B6: 0.48mg (23.96%), Vitamin A: 1010.5IU (20.21%), Iron: 2.79mg (15.51%), Vitamin D: 2.31µg (15.43%), Vitamin B5: 1.48mg (14.81%), Folate: 57.83µg (14.46%), Potassium: 405.11mg (11.57%), Magnesium: 40.78mg (10.19%), Copper: 0.16mg (7.81%), Vitamin C: 6.15mg (7.45%), Vitamin E: 0.91mg (6.08%), Fiber: 1.02g (4.08%), Manganese: 0.07mg (3.43%)