



Breakfast Trifle Grits

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



712 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 breakfast sausage patties
- 3 tablespoon butter
- 2 servings chives chopped for garnish
- 4 eggs
- 0.5 cup cooking grits quick
- 2 servings salt and pepper black freshly ground
- 2 servings cheddar shredded for topping
- 2 servings cup heavy whipping cream sour

- 1 tablespoon sugar
- 1 small tomatoes chopped
- 2 cups water

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Watch how to make this recipe.
- Bring 2 cups of salted water to a boil. Slowly whisk in 1/2 cup quick grits, reduce heat and bring to a boil.
- Add the sugar and butter and salt and pepper, to taste. Reduce the heat and simmer until cooked.
- Add 4 eggs to a medium saucepan and cover with cold water. Bring up to a rapid boil then turn off heat and let the eggs sit for 15 minutes.
- Let cool then peel and chop.
- Place sausage patties on a preheated greased skillet over medium heat. Cook 3 to 4 minutes per side until done. Chop coarsely.
- Spoon grits into trifle bowls.
- Sprinkle in cheese.
- Add chopped hard boiled eggs. Spoon chopped sausage on top and add the tomatoes on top of the sausage.
- Garnish with a dollop of sour cream and chopped chives.

Nutrition Facts



PROTEIN 15.89% FAT 62.37% CARBS 21.74%

Properties

Glycemic Index:145.05, Glycemic Load:4.88, Inflammation Score:-8, Nutrition Score:21.590000152588%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 712kcal (35.6%), Fat: 49.83g (76.66%), Saturated Fat: 24.37g (152.32%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 36.7g (13.35%), Sugar: 8.42g (9.36%), Cholesterol: 440.19mg (146.73%), Sodium: 745.16mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Selenium: 36.21µg (51.73%), Phosphorus: 456.25mg (45.63%), Vitamin B2: 0.75mg (43.93%), Vitamin A: 1830.32IU (36.61%), Calcium: 296.92mg (29.69%), Folate: 114.31µg (28.58%), Vitamin B1: 0.4mg (26.44%), Vitamin B12: 1.52µg (25.39%), Zinc: 3.67mg (24.44%), Vitamin B6: 0.44mg (22.19%), Vitamin B3: 4.16mg (20.79%), Vitamin B5: 1.98mg (19.81%), Iron: 3.53mg (19.59%), Vitamin D: 2.49µg (16.62%), Vitamin E: 2.01mg (13.41%), Magnesium: 52.32mg (13.08%), Potassium: 436.24mg (12.46%), Copper: 0.21mg (10.61%), Fiber: 2.37g (9.49%), Manganese: 0.18mg (9.05%), Vitamin C: 7.22mg (8.75%), Vitamin K: 8.69µg (8.28%)