



## Carolina Gold Rice Grits and Eggs

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 slices bacon
- 1 bay leaf
- 0.5 teaspoon peppercorns black
- 1 tablespoon curry powder
- 1 teaspoon mustard dry
- 6 large eggs
- 5 green onions sliced
- 1.5 teaspoons kosher salt

- 0.5 cup anson mills carolina gold rice grits
- 2 rosemary sprigs fresh
- 6 servings kitchen string
- 4 thyme sprigs fresh
- 6 servings cheesecloth
- 6 servings cheesecloth

## Equipment

- frying pan
- paper towels
- sauce pan
- whisk
- cheesecloth
- kitchen twine

## Directions

- Place first 4 ingredients in a 6-inch square of cheesecloth; tie with kitchen string. Bring 5 cups water to a boil in a 5-qt. saucepan over medium-high heat.
- Add curry powder, salt, and cheesecloth bundle. Stir in rice grits, and cook 5 to 7 minutes or until slightly tender.
- Remove cheesecloth bundle.
- Drain rice grits, and let stand 10 to 15 minutes or until very dry.
- Meanwhile, cook bacon in a medium nonstick skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 3 Tbsp. drippings in skillet. Crumble bacon.
- Whisk together eggs, mustard, and 1 tsp. water.
- Add rice grits to hot drippings, and cook over medium-high heat, stirring constantly, 8 to 10 minutes or until grits are crisp and tender. Reduce heat to medium-low.
- Add egg mixture to skillet, and cook, without stirring, 2 to 3 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of skillet. Stir in bacon and green

onions, and cook 5 to 7 minutes or until eggs are thickened and moist.

Add salt and pepper to taste; serve immediately.

## Nutrition Facts

**PROTEIN 18.84%** **FAT 50.98%** **CARBS 30.18%**

### Properties

Glycemic Index:36.86, Glycemic Load:8.74, Inflammation Score:-8, Nutrition Score:13.443478190381%

### Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

### Nutrients (% of daily need)

Calories: 246.79kcal (12.34%), Fat: 14.03g (21.59%), Saturated Fat: 4.6g (28.72%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 16.13g (5.87%), Sugar: 2.28g (2.54%), Cholesterol: 200.52mg (66.84%), Sodium: 804.47mg (34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.33%), Vitamin K: 46.13µg (43.93%), Selenium: 23.37µg (33.39%), Manganese: 0.43mg (21.71%), Vitamin B2: 0.33mg (19.24%), Phosphorus: 180.78mg (18.08%), Vitamin A: 811.76IU (16.24%), Vitamin B6: 0.27mg (13.5%), Folate: 52.12µg (13.03%), Iron: 2.32mg (12.87%), Vitamin C: 9.88mg (11.97%), Vitamin B5: 1.19mg (11.89%), Fiber: 2.56g (10.22%), Vitamin B1: 0.15mg (9.88%), Vitamin B12: 0.56µg (9.25%), Zinc: 1.33mg (8.84%), Potassium: 303.2mg (8.66%), Magnesium: 34.05mg (8.51%), Vitamin B3: 1.7mg (8.48%), Vitamin E: 1.16mg (7.72%), Copper: 0.15mg (7.29%), Vitamin D: 1.09µg (7.25%), Calcium: 72.51mg (7.25%)