



Cheddar Cheese Grits Casserole

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 1 large eggs lightly beaten
- 4 cups milk
- 0.3 cup parmesan cheese grated
- 6 servings garnish: parsley sprigs
- 0.5 teaspoon pepper
- 1 cup quick-cooking grits uncooked
- 1 teaspoon salt

8 ounces sharp cheddar cheese shredded

Equipment

sauce pan

oven

whisk

baking pan

Directions

Bring milk just to a boil in a large saucepan over medium-high heat; gradually whisk in butter and grits. Reduce heat, and simmer, whisking constantly, 5 to 7 minutes or until grits are done.

Remove from heat.

Stir in egg and next 3 ingredients.

Pour into a lightly greased 11- x 7-inch baking dish.

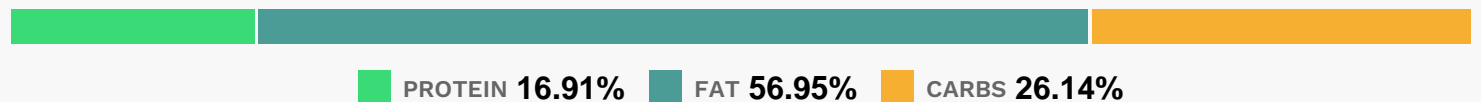
Sprinkle evenly with grated Parmesan cheese.

Bake, covered, at 350 for 35 to 40 minutes or until mixture is set.

Serve immediately.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:17.870434823244%

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: 436.55kcal (21.83%), Fat: 28.06g (43.17%), Saturated Fat: 16.12g (100.77%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 27.63g (10.05%), Sugar: 8.27g (9.19%), Cholesterol: 112.28mg (37.43%), Sodium: 844.93mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Vitamin K: 68.03µg (64.79%), Calcium: 518.58mg (51.86%), Phosphorus: 426.13mg (42.61%), Vitamin B2: 0.53mg (31.32%), Vitamin A: 1297.55IU (25.95%), Selenium: 17.91µg (25.59%), Vitamin B12: 1.43µg (23.76%), Zinc: 2.62mg (17.49%), Vitamin B1: 0.25mg (16.91%), Vitamin D: 2.2µg (14.69%), Folate: 56.48µg (14.12%), Magnesium: 46.76mg (11.69%), Vitamin B6: 0.21mg (10.69%), Potassium: 355.01mg (10.14%), Vitamin B5: 1.01mg (10.09%), Iron: 1.36mg (7.57%), Vitamin B3: 1.44mg (7.22%), Vitamin C: 5.32mg (6.45%), Fiber: 1.36g (5.43%), Manganese: 0.1mg (4.95%), Vitamin E: 0.72mg (4.83%), Copper: 0.06mg (2.87%)