



Cheddar Cheese Grits Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



435 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
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt
- ☐ 8 oz sharp cheddar cheese shredded

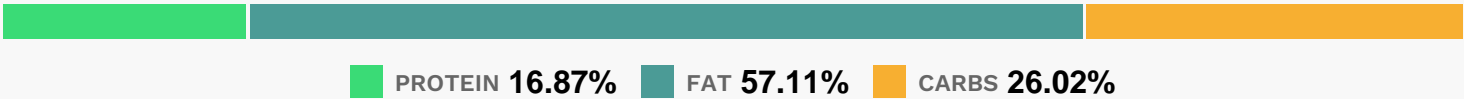
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ 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 with grated Parmesan cheese.
- ☐ Bake, covered, at 350 for 35 to 40 minutes or until mixture is set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:14.253478413043%

Nutrients (% of daily need)

Calories: 435.11kcal (21.76%), Fat: 28.03g (43.12%), Saturated Fat: 16.12g (100.74%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 27.51g (10%), Sugar: 8.24g (9.15%), Cholesterol: 112.28mg (37.43%), Sodium: 842.69mg (36.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.26%), Calcium: 513.06mg (51.31%), Phosphorus: 423.81mg (42.38%), Vitamin B2: 0.53mg (31.09%), Selenium: 17.91µg (25.58%), Vitamin B12: 1.43µg (23.76%), Vitamin A: 960.59IU (19.21%), Zinc: 2.58mg (17.2%), Vitamin B1: 0.25mg (16.68%), Vitamin D: 2.2µg (14.69%), Folate: 50.4µg (12.6%), Magnesium: 44.76mg (11.19%), Vitamin B6: 0.21mg (10.51%), Vitamin B5: 0.99mg (9.93%), Potassium: 332.85mg (9.51%), Vitamin B3: 1.39mg (6.96%), Iron: 1.11mg (6.19%), Fiber: 1.23g (4.9%),

Manganese: 0.09mg (4.63%), Vitamin E: 0.69mg (4.63%), Copper: 0.05mg (2.57%), Vitamin K: 2.43µg (2.31%)