



Cheddar Grits Soufflé

 Vegetarian

READY IN



35 min.

SERVINGS



5

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 ounces preshredded cheddar cheese reduced-fat
- 0.3 cup breadcrumbs dry
- 2 large egg whites
- 1 tablespoon butter light
- 0.3 teaspoon pepper
- 0.5 cup quick-cooking grits uncooked
- 0.3 teaspoon salt
- 2 cups water

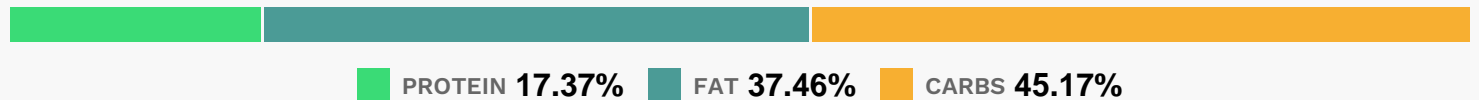
Equipment

- bowl
- oven
- blender

Directions

- Preheat oven to 40
- Coat 5 (6-ounce) custard cups with cooking spray. Dust cups with breadcrumbs; set aside.
- Bring water and next 3 ingredients to a boil; stir in grits. Reduce heat, and simmer 5 minutes, stirring often.
- Remove from heat. Stir in cheese.
- Transfer to a bowl; let stand 5 minutes or until mixture has cooled slightly.
- Beat egg whites with a mixer at high speed until stiff peaks form; fold egg whites into grits mixture. Spoon into prepared custard cups (cups will be full).
- Bake at 400 for 20 minutes or until puffed and golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:4.3934782795284%

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 5.91g (9.09%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.06g (5.48%), Sugar: 0.61g (0.68%), Cholesterol: 14.31mg (4.77%), Sodium: 257.93mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin B2: 0.18mg (10.63%), Selenium: 7.24µg (10.35%), Calcium: 96.27mg (9.63%), Vitamin B1: 0.14mg (9.48%), Phosphorus: 88.5mg (8.85%), Folate: 31.52µg (7.88%), Vitamin B3: 1.09mg (5.46%), Manganese: 0.1mg (4.89%), Iron: 0.85mg (4.73%), Zinc: 0.65mg (4.35%), Fiber: 0.98g (3.91%), Magnesium: 15.35mg (3.84%), Vitamin A: 161.72IU (3.23%), Vitamin B6: 0.06mg (2.78%), Copper: 0.05mg (2.67%), Vitamin B12: 0.15µg (2.58%), Potassium: 65.78mg (1.88%), Vitamin B5: 0.15mg (1.49%)