



Cheese Awendaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons butter
- 3 large eggs lightly beaten
- 8 oz gouda cheese smoked shredded
- 1.5 cups regular grits uncooked
- 0.5 teaspoon ground pepper red
- 1.5 cups milk
- 1.5 teaspoons salt divided
- 0.8 cup cornmeal plain white

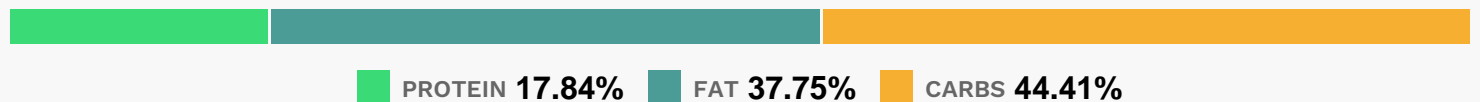
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 37
- Bring 1 tsp. salt and 6 cups water to a boil in a large saucepan over medium-high heat. Gradually whisk in grits, and return to a boil. Reduce heat to medium-low, and cook, whisking often, 15 minutes or until thickened.
- Remove grits from heat, and whisk in butter.
- Whisk about one-fourth of hot grits mixture into eggs; whisk egg mixture into remaining hot grits mixture. Gradually whisk in milk.
- Whisk in cornmeal and remaining 1/2 tsp. salt. Stir in cheese and ground red pepper.
- Pour grits mixture into a lightly greased 2 1/2-qt. baking dish.
- Bake at 375 for 1 hour to 1 hour and 10 minutes or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:9.9617391406842%

Nutrients (% of daily need)

Calories: 342.25kcal (17.11%), Fat: 14.27g (21.95%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 35.7g (12.98%), Sugar: 3.32g (3.69%), Cholesterol: 113.2mg (37.73%), Sodium: 730.03mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Phosphorus: 302.21mg (30.22%), Calcium: 268.53mg (26.85%), Selenium: 15.75µg (22.5%), Vitamin B2: 0.28mg (16.33%), Zinc: 2.14mg (14.3%), Vitamin B12: 0.86µg (14.25%), Vitamin B6: 0.22mg (10.78%), Vitamin B5: 1.07mg (10.7%), Magnesium: 42.75mg (10.69%), Vitamin A: 515.18IU (10.3%), Vitamin B1: 0.13mg (8.43%), Fiber: 2.05g (8.21%), Manganese: 0.14mg (7.06%),

Iron: 1.27mg (7.04%), Vitamin D: 1.02µg (6.8%), Potassium: 238.15mg (6.8%), Folate: 21.21µg (5.3%), Vitamin B3: 0.86mg (4.3%), Copper: 0.08mg (3.98%), Vitamin E: 0.44mg (2.94%), Vitamin K: 1.28µg (1.22%)