



Cheese Grits with Chicken Sausage and Shiitake Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter divided
- 8 ounce pasteurized cheese product cubed prepared
- 9 ounces mild chicken sausage smoked with apples and chardonnay fully cooked
- 0.5 teaspoon rosemary dried
- 2 large eggs lightly beaten
- 0.8 cup quick-cooking grits uncooked
- 0.3 teaspoon lawry's seasoned salt

- 6 ounces mushroom caps
- 3 cups water

Equipment

- frying pan
- oven
- baking pan
- dutch oven

Directions

- Cut sausage into 1/2-inch-thick slices; cut slices into quarters.
- Cut stems from mushrooms and, if desired, reserve for another use; cut mushroom caps into slices.
- Melt 1 tablespoon butter in a nonstick skillet over medium-high heat; add sausage, and saut 7 minutes or until lightly browned.
- Remove sausage from skillet.
- Add mushroom caps to skillet, and saut 5 minutes or until tender.
- Bring 3 cups water to a boil in a Dutch oven. Gradually stir in grits; return to a boil. Reduce heat, and simmer, stirring occasionally, 5 minutes or until thickened.
- Add remaining 7 tablespoons butter and cheese; cook, stirring often, 5 minutes or until melted and blended.
- Remove from heat; stir in eggs, rosemary, and seasoned salt until blended. Stir in sausage and mushrooms; pour mixture into a lightly greased 11- x 7-inch baking dish.
- Bake at 350 for 45 to 50 minutes or just until set.
- Sprinkle top with olives, if desired.
- Note: For testing purposes only, we used Gerhard's Smoked Chicken Sausage with Apples & Chardonnay.

Nutrition Facts

  

 PROTEIN **16.4%**  FAT **67.21%**  CARBS **16.39%**

Properties

Glycemic Index:21.5, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:10.974347827227%

Nutrients (% of daily need)

Calories: 472.98kcal (23.65%), Fat: 36.05g (55.47%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 18.19g (6.61%), Sugar: 1.56g (1.73%), Cholesterol: 129.82mg (43.27%), Sodium: 990.02mg (43.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.59%), Calcium: 287.27mg (28.73%), Phosphorus: 272.94mg (27.29%), Vitamin A: 1295.77IU (25.92%), Selenium: 17.43µg (24.9%), Vitamin B2: 0.37mg (21.91%), Zinc: 2.08mg (13.85%), Folate: 48.16µg (12.04%), Vitamin B3: 2.03mg (10.13%), Vitamin B12: 0.57µg (9.47%), Vitamin B6: 0.19mg (9.46%), Vitamin B5: 0.91mg (9.1%), Vitamin B1: 0.13mg (8.74%), Iron: 1.48mg (8.25%), Magnesium: 28.71mg (7.18%), Vitamin E: 1.04mg (6.97%), Fiber: 1.6g (6.4%), Manganese: 0.11mg (5.74%), Copper: 0.1mg (5.21%), Potassium: 173.34mg (4.95%), Vitamin D: 0.67µg (4.49%)