



## Cheesy Baked Grits

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



464 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup butter
- 16 oz pasteurized cheese product cubed prepared
- 6 large eggs
- 1 cup regular grits uncooked
- 0.3 cup milk
- 0.5 teaspoon salt

## Equipment

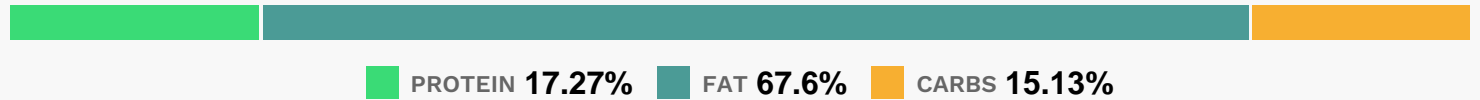
- oven

- whisk
- baking pan

## Directions

- Prepare 1 cup grits according to package directions; remove from heat, and stir in cheese and butter until blended.
- Whisk together eggs, milk, and salt. Gradually whisk about one-fourth of hot grits mixture into egg mixture; add to the remaining hot grits mixture, whisking constantly. Spoon mixture evenly into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 40 to 50 minutes or until set.
- Note: For testing purposes only, we used Velveeta.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:12.079130291939%

## Nutrients (% of daily need)

Calories: 463.6kcal (23.18%), Fat: 34.83g (53.58%), Saturated Fat: 19.52g (122.03%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 17.23g (6.26%), Sugar: 0.83g (0.92%), Cholesterol: 227.62mg (75.87%), Sodium: 663.72mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.05%), Selenium: 31.16µg (44.51%), Calcium: 435.13mg (43.51%), Phosphorus: 359.27mg (35.93%), Vitamin B2: 0.44mg (26.15%), Vitamin A: 1179.25IU (23.59%), Zinc: 2.69mg (17.93%), Vitamin B12: 1µg (16.67%), Vitamin B5: 0.95mg (9.48%), Vitamin D: 1.17µg (7.83%), Folate: 30.93µg (7.73%), Vitamin E: 1.15mg (7.68%), Vitamin B6: 0.14mg (6.83%), Magnesium: 26.28mg (6.57%), Iron: 0.95mg (5.26%), Vitamin B1: 0.06mg (4.12%), Potassium: 137mg (3.91%), Copper: 0.06mg (3.03%), Vitamin K: 2.55µg (2.43%), Manganese: 0.04mg (1.88%), Vitamin B3: 0.31mg (1.53%), Fiber: 0.31g (1.25%)