



Cheesy Grits Soufflé



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



379 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 tablespoons butter
- ☐ 6 large eggs lightly beaten
- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 2 cups regular grits yellow uncooked
- ☐ 1 teaspoon hot sauce
- ☐ 1 jalapeno diced seeded
- ☐ 4 teaspoons kosher salt divided

- ☐ 3 cups milk
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 1 tablespoon sugar

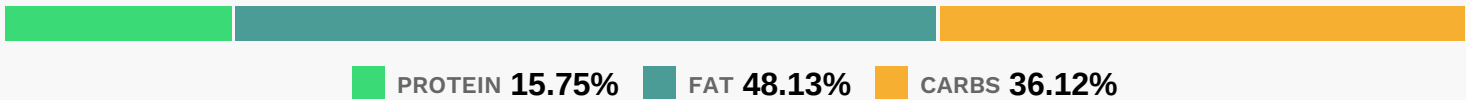
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Generously butter a 3-qt. baking dish; freeze 10 minutes.
- ☐ Meanwhile, bring 3 cups water and 1 tsp. salt to a boil in a large saucepan over medium-high heat. Gradually whisk in grits; return to a boil. Reduce heat to medium-low, and cook, whisking often, 2 to 3 minutes or until thickened.
- ☐ Whisk in milk, and cook, stirring constantly, 3 to 4 minutes or until grits are creamy.
- ☐ Remove from heat, and stir in corn, next 7 ingredients, and remaining 3 tsp. salt.
- ☐ Spread mixture in prepared dish.
- ☐ Place on an aluminum foil-lined jelly-roll pan.
- ☐ Bake at 350 for 50 minutes or until puffed, firm around edges, and slightly soft in center.
- ☐ Remove from oven to a wire rack, and cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:2.32, Inflammation Score:-5, Nutrition Score:10.91956519044%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 379.36kcal (18.97%), Fat: 20.4g (31.39%), Saturated Fat: 11.09g (69.34%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 33.45g (12.16%), Sugar: 6.53g (7.26%), Cholesterol: 161.12mg (53.71%), Sodium: 1217.17mg (52.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Selenium: 22.56µg (32.23%), Phosphorus: 281.92mg (28.19%), Calcium: 271.49mg (27.15%), Vitamin B2: 0.37mg (21.6%), Vitamin A: 841.48IU (16.83%), Vitamin B12: 0.92µg (15.28%), Zinc: 1.76mg (11.74%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 1.54µg (10.28%), Vitamin B6: 0.18mg (9.22%), Vitamin B1: 0.14mg (9%), Magnesium: 35.57mg (8.89%), Potassium: 277.74mg (7.94%), Folate: 30.23µg (7.56%), Iron: 1.01mg (5.62%), Vitamin E: 0.78mg (5.22%), Manganese: 0.1mg (4.94%), Vitamin B3: 0.89mg (4.47%), Vitamin C: 3.44mg (4.17%), Fiber: 1g (4%), Copper: 0.07mg (3.39%), Vitamin K: 2.03µg (1.94%)