



Country Grits and Sausage Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 large eggs lightly beaten
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 pounds mild ground pork sausage
- ☐ 1 cup milk
- ☐ 10 servings paprika
- ☐ 10 servings garnish: parsley sprigs fresh
- ☐ 1.3 cups quick-cooking grits uncooked

- ☐ 1 pound sharp cheddar cheese shredded
- ☐ 4 cups water

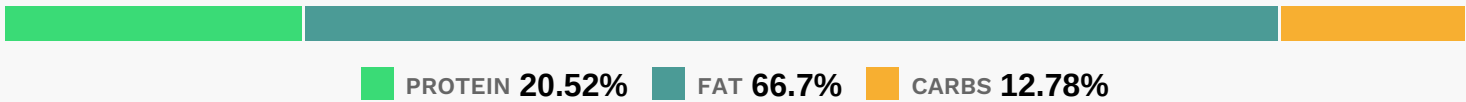
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown sausage in a large skillet, stirring until it crumbles.
- ☐ Drain well, and set aside.
- ☐ Bring water to a boil in a large saucepan, and stir in grits. Return to a boil; cover, reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ Remove from heat; add cheese and next 3 ingredients, stirring until cheese melts. Stir in sausage and eggs.
- ☐ Spoon mixture into a lightly greased 13" x 9" x 2" baking dish; sprinkle with paprika.
- ☐ Bake, uncovered, at 350 for 1 hour or until golden and heated.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Make-Ahead: Prepare grits mixture as directed above, but do not bake. Cover and chill overnight.
- ☐ Remove from refrigerator; let stand, covered 30 minutes. Uncover and bake as directed.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:21.496087198672%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 575.63kcal (28.78%), Fat: 42.72g (65.72%), Saturated Fat: 17.87g (111.66%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 16.69g (6.07%), Sugar: 1.82g (2.03%), Cholesterol: 188mg (62.67%), Sodium: 920.04mg (40%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.14%), Vitamin K: 69.65µg (66.33%), Phosphorus: 434.02mg (43.4%), Vitamin A: 1994.01IU (39.88%), Calcium: 384.72mg (38.47%), Vitamin B2: 0.53mg (30.92%), Zinc: 4.3mg (28.7%), Selenium: 19.58µg (27.97%), Vitamin B3: 5.48mg (27.38%), Vitamin B1: 0.4mg (26.8%), Vitamin B12: 1.56µg (26.03%), Vitamin B6: 0.46mg (22.75%), Iron: 2.82mg (15.64%), Vitamin D: 2.12µg (14.13%), Folate: 55.54µg (13.88%), Vitamin B5: 1.32mg (13.17%), Potassium: 419.73mg (11.99%), Magnesium: 45.99mg (11.5%), Vitamin E: 1.35mg (9.01%), Copper: 0.15mg (7.29%), Vitamin C: 6mg (7.27%), Fiber: 1.74g (6.96%), Manganese: 0.1mg (4.94%)