



## Creamy Grits Casserole



Vegetarian



Gluten Free

READY IN



58 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 cup butter cut into cubes
- ☐ 2 cups chicken broth
- ☐ 2 large eggs lightly beaten
- ☐ 4 oz gouda cheese smoked shredded
- ☐ 1.3 cups grits uncooked
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 1 teaspoon salt

☐ 10 oz sharp cheddar cheese shredded

## Equipment

☐ sauce pan

☐ oven

☐ baking pan

## Directions

☐ Bring grits, chicken broth, and next 3 ingredients to a boil in a medium saucepan over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 4 to 5 minutes or until thickened. Stir in butter and cheeses until melted.

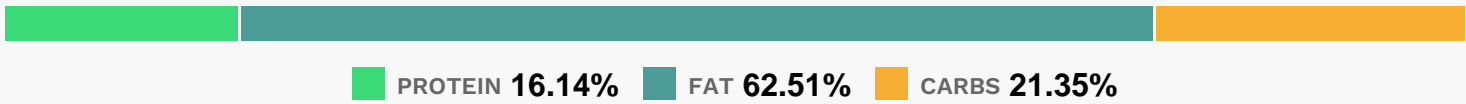
☐ Gradually stir about one-fourth of hot grits mixture into eggs; add egg mixture to remaining hot grits mixture, stirring constantly.

☐ Pour grits mixture into a lightly greased 2 1/2-qt. baking dish.

☐ Bake at 350 for 35 to 40 minutes or until golden brown and bubbly around edges.

☐ Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:11.120000090126%

## Nutrients (% of daily need)

Calories: 445.4kcal (22.27%), Fat: 31.01g (47.7%), Saturated Fat: 18.16g (113.53%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 23.42g (8.51%), Sugar: 3.84g (4.26%), Cholesterol: 137.09mg (45.7%), Sodium: 988.91mg (43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.02%), Calcium: 438.31mg (43.83%), Phosphorus: 349.79mg (34.98%), Selenium: 21.61µg (30.87%), Vitamin B2: 0.39mg (23.22%), Vitamin A: 1035.09IU (20.7%), Vitamin B12: 1.07µg (17.84%), Zinc: 2.42mg (16.14%), Vitamin D: 1.2µg (8.03%), Vitamin B5: 0.75mg (7.53%), Magnesium: 30.05mg (7.51%), Vitamin B6: 0.13mg (6.6%), Vitamin B1: 0.1mg (6.58%), Potassium: 201.88mg (5.77%), Vitamin E: 0.83mg (5.55%), Folate: 18µg (4.5%), Iron: 0.6mg (3.36%), Manganese: 0.07mg (3.3%), Copper: 0.05mg (2.7%), Vitamin B3: 0.53mg (2.67%), Vitamin K: 2.51µg (2.39%), Fiber: 0.41g (1.63%)