



Eggs Blindfolded over Garlic-Cheddar Grits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 large eggs divided
- ☐ 0.5 teaspoon garlic powder
- ☐ 2.5 cups grits red hot cooked (such as Bob's Mill)
- ☐ 0.5 cup ice cubes divided
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons cheddar cheese shredded

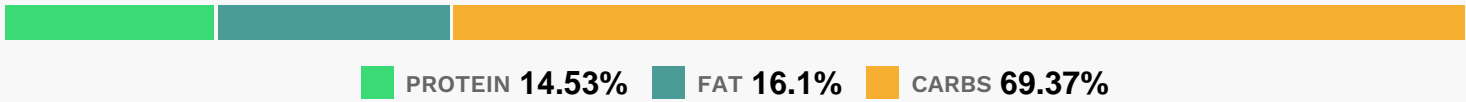
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare grits, combine first 5 ingredients in a large bowl; keep warm.
- ☐ To prepare eggs, heat a small skillet over medium heat. Coat pan with cooking spray. Break 2 eggs into pan; cook 1 minute or until whites are set.
- ☐ Add 1/4 cup ice cubes to pan; cover and cook 2 minutes or until eggs are done.
- ☐ Remove from pan. Repeat procedure with remaining 2 eggs and 1/4 cup ice.
- ☐ Serve eggs over grits.
- ☐ Garnish with black pepper and chives, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.08, Inflammation Score:0, Nutrition Score:9.8995653317188%

Nutrients (% of daily need)

Calories: 461.1kcal (23.06%), Fat: 8.1g (12.47%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 78.56g (26.19%), Net Carbohydrates: 76.9g (27.96%), Sugar: 0.84g (0.93%), Cholesterol: 192.38mg (64.13%), Sodium: 406.11mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.91%), Selenium: 33.83µg (48.33%), Phosphorus: 201.32mg (20.13%), Vitamin B2: 0.3mg (17.45%), Vitamin B5: 1.27mg (12.72%), Vitamin B6: 0.24mg (11.98%), Vitamin A: 543.9IU (10.88%), Iron: 1.91mg (10.6%), Vitamin B1: 0.15mg (10.03%), Magnesium: 35.07mg (8.77%), Zinc: 1.3mg (8.64%), Vitamin B12: 0.51µg (8.54%), Calcium: 77.49mg (7.75%), Manganese: 0.15mg (7.71%), Folate: 29.93µg (7.48%), Vitamin D: 1.04µg (6.92%), Fiber: 1.66g (6.63%), Potassium: 215.34mg (6.15%), Vitamin B3: 1.22mg (6.08%), Copper: 0.12mg (6.08%), Vitamin E: 0.58mg (3.85%)