



Eggs Blindfolded over Garlic Cheddar Grits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons cheddar cheese grated
- 2.5 cups grits hot cooked
- 4 large eggs divided
- 0.5 teaspoon garlic powder
- 0.5 cup ice cubes divided
- 0.5 teaspoon salt

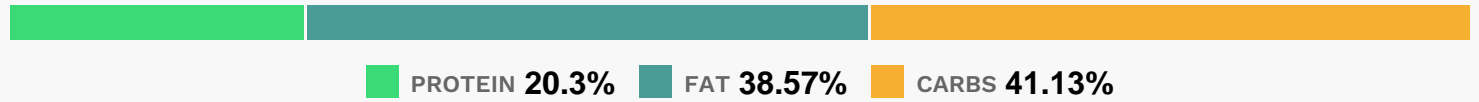
Equipment

- bowl
- frying pan

Directions

- To prepare grits, combine grits, cheddar, garlic powder, salt, and 1/2 teaspoon pepper in a large bowl; keep warm.
- To prepare eggs, heat a small skillet over medium heat. Coat pan with cooking spray. Break 2 eggs in 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:0.12, Inflammation Score:0, Nutrition Score:8.7813043417004%

Nutrients (% of daily need)

Calories: 217.58kcal (10.88%), Fat: 9.18g (14.12%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.87g (7.59%), Sugar: 0.37g (0.41%), Cholesterol: 197.25mg (65.75%), Sodium: 440.04mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Selenium: 22.72µg (32.46%), Vitamin B2: 0.37mg (21.58%), Phosphorus: 173.65mg (17.36%), Folate: 66.92µg (16.73%), Vitamin B1: 0.18mg (12.06%), Calcium: 111.52mg (11.15%), Iron: 1.8mg (10.02%), Vitamin B12: 0.56µg (9.4%), Vitamin B5: 0.88mg (8.81%), Zinc: 1.29mg (8.58%), Vitamin A: 384.09IU (7.68%), Vitamin B6: 0.15mg (7.63%), Vitamin D: 1.07µg (7.12%), Vitamin B3: 1.2mg (6.01%), Manganese: 0.11mg (5.37%), Fiber: 1.16g (4.62%), Magnesium: 17.62mg (4.4%), Vitamin E: 0.64mg (4.3%), Potassium: 118.79mg (3.39%), Copper: 0.05mg (2.5%)