



Eggy Grits Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large eggs separated
- ☐ 0.5 cup grits
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 2 dashes all the tabasco sauce you handle
- ☐ 1 cup milk whole

Equipment

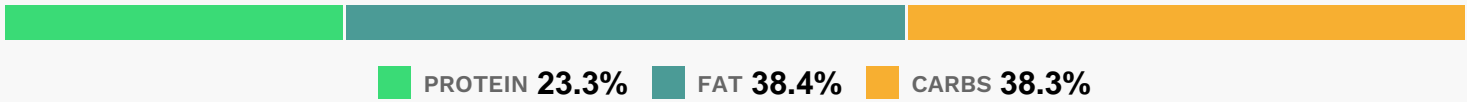
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 425°F. Lightly butter a 4-cup souffl´ dish.
- ☐ Combine 1 1/2 cups water and the milkin a heavy saucepan and warmthe mixture over medium-lowheat. Slowly stir or whisk inthe grits until smooth andthickened, about 15 minutes.
- ☐ Remove from heat.
- ☐ Lightly beat the egg yolksin a bowl. Gradually stir someof the hot grits into the yolks to temper them. Then stir thetempered egg yolks into thegrits. Set aside to cool slightly.
- ☐ Stir the Parmesan cheese,Tabasco sauce, salt, and pepperinto the grits.
- ☐ Place egg whites in a bowl,add a pinch of salt, and beatwith an electric mixer until thewhites are stiff but not dry. Usinga rubber spatula, fold thewhites into the grits until justcombined. Scrape the mixtureinto the soufflé dish and bakein the center of the oven untilthe soufflé rises and is lightlybrowned on top, about 30minutes.
- ☐ Serve immediately.
- ☐ Per serving: 200 calories,19g carbohydrates, 12g protein, 9g fat,220mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-3, Nutrition Score:8.3434784316822%

Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 8.69g (13.37%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 19.19g (6.98%), Sugar: 3.25g (3.61%), Cholesterol: 198.76mg (66.25%), Sodium: 398.86mg (17.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.73%), Selenium: 22.01µg (31.45%), Phosphorus: 214.48mg (21.45%), Vitamin B2: 0.34mg (20.12%), Calcium: 158.79mg (15.88%), Vitamin B12: 0.86µg (14.31%), Vitamin D: 1.7µg (11.35%), Vitamin B5: 1.11mg (11.09%), Vitamin A: 464.69IU (9.29%), Zinc: 1.25mg (8.31%), Vitamin B6: 0.16mg (7.8%), Folate: 24.85µg (6.21%), Iron: 1.1mg (6.11%), Potassium: 198.83mg (5.68%), Vitamin B1: 0.08mg (5.41%), Magnesium: 20.78mg (5.2%), Vitamin E: 0.59mg (3.92%), Copper: 0.05mg (2.69%), Manganese: 0.04mg (2.15%), Vitamin B3: 0.34mg (1.7%), Fiber: 0.31g (1.25%)