



Fallen Grits Souffles with Tomatoes and Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 2 cups cherry tomatoes quartered
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 5 large eggs separated
- ☐ 4 garlic cloves sliced
- ☐ 8 servings aged goat cheese shaved

- ☐ 1 cup grits instant
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 4 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 375°F. Generously butter eight 1-cup soufflé dishes or custard cups.
- ☐ Combine first 4 ingredients in large saucepan. Bring just to simmer; remove from heat and let steep 10 minutes. Strain; return milk to pan.
- ☐ Add salt; bring to boil. Gradually stir in grits and cook over medium heat until mixture is thick and grits are tender, stirring constantly, about 5 minutes.
- ☐ Mix in butter. Season with black pepper. Stir in egg yolks. Cool slightly.
- ☐ Beat egg whites in large bowl until stiff but not dry. Fold whites into grits in 2 additions. Divide mixture among prepared dishes.
- ☐ Place dishes in large roasting pan.
- ☐ Add enough hot water to pan to come halfway up sides of dishes.
- ☐ Bake soufflés until tops are puffed and beginning to brown and center is set, about 30 minutes.
- ☐ Combine tomatoes and oil in medium bowl. Season with salt and pepper.
- ☐ Invert each warm soufflé into shallow bowl. Spoon tomatoes atop soufflés. Top with shaved goat cheese and serve immediately.

Nutrition Facts



 PROTEIN **16.91%**  FAT **56.94%**  CARBS **26.15%**

Properties

Glycemic Index:18.13, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:17.055652120839%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 366.38kcal (18.32%), Fat: 23.27g (35.8%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 22.69g (8.25%), Sugar: 8.07g (8.97%), Cholesterol: 152.21mg (50.74%), Sodium: 869.46mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.11%), Iron: 9.03mg (50.19%), Vitamin B2: 0.58mg (33.88%), Vitamin B1: 0.5mg (33.61%), Phosphorus: 302.49mg (30.25%), Calcium: 294.63mg (29.46%), Selenium: 16.59µg (23.7%), Vitamin A: 948.45IU (18.97%), Vitamin B12: 1µg (16.66%), Vitamin B6: 0.31mg (15.52%), Folate: 60.26µg (15.06%), Copper: 0.29mg (14.37%), Vitamin D: 2.09µg (13.91%), Vitamin B5: 1.26mg (12.63%), Vitamin C: 9.99mg (12.11%), Vitamin E: 1.72mg (11.46%), Vitamin B3: 2.26mg (11.31%), Potassium: 374.13mg (10.69%), Zinc: 1.41mg (9.37%), Magnesium: 36.59mg (9.15%), Manganese: 0.17mg (8.44%), Vitamin K: 6.43µg (6.13%), Fiber: 1.35g (5.41%)